

Your free guide to MWR services, entertainment and educational opportunities in the Benelux.

SEP / OCT 2006

BENELUXLINK

Serving the Military Communities of Brussels, Chièvres, and Schinnen

INSIDE

INFORMATION FAIR

USAG Brussels

TRUNK OR TREAT

USAG Schinnen



FITNESS FUN

Chièvres Garrison



FREE!



Brussels Community

Info Fair & Open House at USAG Brussels

Friday, September 8th - 11:30 a.m. - 7 p.m.



Colonel Dean A. Nowowiejski
Commander, USAG BENELUX

Commander's Corner

As we leave the summer, and move into the fall, the peak season of permanent changes of station draws to a close, and school starts again. So first, let's say welcome to our new classes of students at Brussels American, SHAPE International, and AFNORTH, and thanks to our DoDDS educators and staff in advance for another valuable school year. Our students in the Benelux benefit from the special experience of living in our host nations, and from the international experience of our schools.

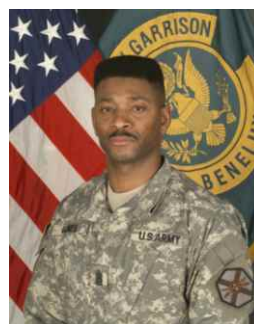
If you settled into the Benelux this summer, I would like to share with you the system of keeping you informed while you are living here. The *Benelux Link* is part of that system, designed to provide mid-term information about events, activities and opportunities over the next several weeks in our three joint American communities in support of NATO. In this and every edition, you can simultaneously check what is going on in Schinnen, Chievres, and Brussels. We hope that you will choose whatever opportunity you like best, since we are all within an hour or two of each other.

When you arrived, you should have received a copy of *The Best of the Benelux* from your sponsor. This annual publication contains useful information to get you settled, yes, once again whether you live in The Netherlands or Belgium. It's designed to be improved each edition, so please give the editors your feedback on corrections or suggestions for improvement.

Week to week, the *Meteor-Heraut* is the place to find out recent events and short term announcements. This newspaper is published by USAG Benelux, again with representation for all three communities: Schinnen, Chièvres, and Brussels. This newspaper comes out every two weeks, and is posted early on the USAG Benelux web page, www.usagbenelux.eur.army.mil. The *Meteor-Heraut* proudly carries in its name the heritage of the Meteor aircraft from Belgium, and the historical name of the Schinnen community news, the Heraut. It shows in its name our extended community across the Benelux.

So there is a system of information: annually *The Best of the Benelux*, monthly the *Benelux Link*, weekly the *Meteor-Heraut*, and daily the USAG Benelux web page. If you want information about security alerts, emergencies, travel alerts, or immediate announcements, the web page is the place to check. Enjoy the concert of info!

In the way of timely information, mid-September to mid-October is Hispanic Heritage Month. There will be special commemorative events sponsored by our equal opportunity offices. Watch for announcements in the *Meteor-Heraut* and on the web page. We thank our Hispanic service members, civilians and family members for their contributions at work and in our communities.



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USAG BENELUX Command Sergeant Major



Lieutenant Colonel Eric D. Tilley
Commander, USAG Schinnen



Lieutenant Colonel Patrick J. Kilroy
Commander, USAG Brussels



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Any questions or comments about this magazine, please contact the DMWR Marketing Team at DSN 361-5904 or by e-mail at beneluxlink@benelux.army.mil.

There is no U.S. government endorsement of any commercial sponsor.

Although the information in the issue is current at time of publication, activities and events are subject to change. Please contact the activity for confirmation.

www.usagbenelux.army.mil

Please recycle this magazine after reading.



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In this Issue

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Your Daily “F”s

by Peggy Ryan

The 27th September is Women's Health and Fitness Day. Yippee...for a whole day we get to concentrate on the fact that being a woman is harmful to your health and most likely fatal. As women, we are more susceptible than men to osteoporosis, more susceptible than men to just about every cancer, more susceptible to diabetes, arthritis, etc. Holy Cow! Oh no, step away from the cow and embrace the soy. Holy Soy! Oh look, that doesn't even sound right. So for the next month, we're going to be bombarded with messages to eat right and get fit. We won't be able to go anywhere without being reminded of our task to take better care of ourselves.

But maybe I can make it a little easier to hear the messages. We have an obligation to ourselves and to our families. Taking care of ourselves is eating smart and staying physically active. Volunteering our time, working all day, running kids to-and-from...this is busy and not what I'm talking about. What I am talking about is the “F” word...well, a couple of “F” words actually. Food, Fitness and Fun; all with capital “F”.

Food. Eat to perform. You know what that bag of chips or that candy bar means: energy zap. Recognize how your body reacts to your food choices and fuel your body for activity. A good rule of thumb is if you wouldn't feed it to your kids, don't have it yourself. If that box of Pringles at midnight is something you wouldn't let your kids have, don't have it yourself. Conversely, if you wouldn't eat those sugar pops every day for breakfast, chased by those “fruit snacks” at mid-morning, followed up with pudding at lunch and capped off with ice cream for desert after dinner...don't feed it to your kids either.

Fitness. Make time for it, period. Look at kids: they are happy when they are active. Our body's natural state is one of being active, but we go to school and learn how to “sit still and listen” so that we grow up and “sit still and concentrate” and then go home and “rest” from our busy day, before we go to bed. Be active. Which brings us to the final “F” word.

Fun. Running makes every joint in your body hurt? The idea of a speedo in public scares you back into the sweat suit and that bag of chips? Find what activity you enjoy and do it for 30 minutes a day, five days a week. Take your kids or friend or dog for a walk.

So, see? Not a hard message to hear. Find the fun in activity again. Go be joyful!



ARMY COMMUNITY SERVICE

ACS, Bldg. 4, top floor
DSN 368-9783; CIV 02-717-9783
Mon - Fri, 8 a.m. - 5 p.m.

ACS Relocation Readiness Program

DSN 368-9729; CIV 02-717-9729

Community Information Fair

Sep 8, 11:30 a.m. - 7 p.m.

The Annual Brussels Community Information Fair will be held at different venues in the USAG Brussels area such as the Chapel Café, Fellowship Hall, New Sanctuary, Three-Star Lounge, MWR Library and the Performing Arts Center. Local clubs, churches, tourist offices, youth centers and many other organizations will be on site to meet you. There will be a Treasure Hunt for kids and an Open House as well. Food and refreshments will be available for sale. Call ACS for more information.

Employment Readiness Program

DSN 368-9735; CIV 02-717-9735

Free Computer Classes

DSN 368-9783; CIV 02-717-9783
Come to the USAG Brussels community computer lab for the following free workshops:

MS-Word: Sep 5, 9 a.m. - 1 p.m.

MS-Excel: Sep 6, 9 a.m. - 1 p.m.

MS-PowerPoint & MS-Outlook:

Sep 7, 9 a.m. - 1 p.m.

MS-Access: Sep 8, 9 a.m. - 1 p.m.

Audience is limited to Tri-Mission family members (ID card holders) actively seeking employment and willing to learn the skills necessary to use computer programs. Call ACS to register.

VA Benefits

USAG Brussels, Bldg. 2, Community Conference Room
DSN 368-9735; CIV 02-717-9735
Sep 19, 9 a.m. - 11 a.m.
USAG Brussels is hosting a seminar on VA benefits presented by representatives from the Department of Veterans Affairs. The seminar will cover the following topics: education benefits, home loan guarantees, life insurance, compensation for service, connected disabilities, vocational rehabilitation and employment, death and survivor benefits and other VA programs. Please note that while the briefings are primarily for the benefit of active duty military personnel, family members and retirees are always welcome to attend.

ARMY COMMUNITY SERVICE**Transition Assistance Program**

USAG Brussels, Bldg. 2, Conference Room
DSN 368-9735; CIV 02-717-9735

Sep 19 - 21, 9 a.m. - 4 p.m.

The Transition Assistance Program or TAP is open to all military members, their spouses, and civilians contemplating leaving government service. It includes a pre-separation briefing and a career transition workshop. The pre-separation briefing reviews the benefits and services available to military service members and their families as they transit from the service. The career transition workshop will cover such topics as interviewing, reviewing job offers, support and assistance, career exploration, strategies for an effective job search and more. Call for the next seminar dates. A remote services program is now available at www.acap.army.mil.

New Parent Education & Support Program (NPESP)

Bldg. 2, Room 256, Chapel area
DSN 368-9684; CIV 02-717-9684

Prenatal Classes

Oct 3, 10, 17, 25, 6 p.m. - 8 p.m.

The New Parent Education and Support Program provides ongoing prenatal classes. If you are expecting a baby, or if you have questions about having a baby in Belgium, sign up for this class! The following are just some of the topics we cover: having a baby in Belgium, stages of labor, interventions, labor signs, epidural, relaxation techniques, men's role and much more. For more information or to sign up in advance, call ACS.

Infant CPR & First Aid

Fellowship Hall, Chapel area, Bldg. 2,

Sep 13, Oct 11,

10 a.m. - noon

Are you prepared to save your infant's/child's life? Not sure how to avoid children's injuries inside and outside your home, or even how to handle an emergency? Learn CPR, rescue breathing techniques, and basic first aid treatment for children under eight years of age. Call ACS for more details and to sign up.

Toddler Playgroup

USAG Brussels Performing Arts Center, Bldg. 4, ground floor
DSN 368-9684; CIV 02-717-9684
Tue and Fri, 10 a.m. - noon
No sign up required! Come have some fun with your kids and meet other parents.

ARMY COMMUNITY SERVICE**Infant Massage**

Fellowship Hall, Chapel area, Bldg. 2

Sep 20, Oct 18, 11 a.m. - noon

With this nurturing touch class, discover the ways in which baby massage can benefit both you and your baby. Learn how to use soothing massage to aid sleep and restlessness. It's also a great way for you and your baby to relax and have fun together! Call ACS for more information and to sign up.

Soldier and Family Readiness Program

DSN 368-9693; CIV 02-717-9693

Anger: Management and Consequences

USAG Brussels, Bldg. 4, top floor, Conference Room

DSN 368-9783; CIV 02-717-9783

Sep 12, 10 a.m. - 10:45 a.m.

Learn about the emotion of anger and how dealing with it successfully can help you. Call ACS to sign up for this free workshop.

Conflict Resolution: What is Your Role?

USAG Brussels, Bldg. 4, top floor, Conference Room

DSN 368-9783; CIV 02-717-9783

Sep 12, 11 a.m. - 11:45 a.m.

Do you know how to react when faced with a conflict at work or at home? Learn positive techniques to use toward conflict resolution at this free ACS workshop. Call ACS for more information or to sign up.

Communication and Couples

USAG Brussels Chapel Library
DSN 368-9783; CIV 02-717-9783

Sep 14, 5:30 p.m. - 6:15 p.m.

Strong, healthy relationships require work. Learn effective communication techniques for creating harmony and resolving conflict at this evening workshop. Please call to register.

Blended Families Workshop

USAG Brussels Chapel Library
DSN 368-9783; CIV 02-717-9783

Sep 13, 11 a.m. - 12:30 p.m.

Blended families present many challenges. Learn about family dynamics and how you can work towards making a successful transition and building harmony in blended family relationships. Please call to register.

ARMY COMMUNITY SERVICE**Child Abuse Awareness Workshop**

USAG Brussels, Bldg. 4,
Conference Room
DSN 368-9783; CIV 02-717-9783

Sep 20, 12:15 p.m. - 1 p.m.

This workshop is designed to promote education and awareness of child abuse. We will examine the major types of child abuse, family dynamics, the effects as well as the causes and indicators of abuse. We will discuss reporting procedures and community resources to help remedy this issue. Call ACS for more details or to sign up.

How to Raise a Responsible Child

USAG Brussels Chapel Library
DSN 368-9783; CIV 02-717-9783

Sep 18, 10:30 p.m. - 11:15 p.m.

Learn positive techniques of effective discipline to develop responsibility in your school-age child. Attend this ACS class and learn how to use the Active Parenting Now program. Please call to register.

Sibling Rivalry

USAG Brussels Chapel Library
DSN 368-9783; CIV 02-717-9783

Sep 18, 12:15 p.m. - 1 p.m.

Do you need help creating harmony in your home? Would you like your children to get along better? Learn why sibling rivalry occurs and how you can help resolve conflicts.

Dealing with Aggressive Behavior

USAG Brussels Performing Arts Center, Bldg. 4, ground floor
DSN 368-9783; CIV 02-717-9783

Sep 15, 10:30 a.m. - 11 a.m.

What do you know about bullying, teasing, name-calling or intimidation? Learn the importance of recognizing aggressive behavior. Please call to register for this seminar.

Helping Young Children Deal with Loss

USAG Brussels Performing Arts Center, Bldg. 4, ground floor
DSN 368-9783; CIV 02-717-9783

Sep 19, 10:30 a.m. - 11 a.m.

Attend this class and find out how you can help children who experience loss. Please call to sign up.

Stories and Games

USAG Brussels Performing Arts Center, Bldg. 4, ground floor
DSN 368-9783; CIV 02-717-9783

Sep 22, 10:30 a.m. - 11 a.m.

Join us for this ACS workshop during Playgroup, as we look at the role of stories and games in the lives of young children.

ARMY COMMUNITY SERVICE**Sexual Assault Prevention and Response Program Overview**

DSN 368-9668; CIV 02-717-9668

Oct 25, 3 p.m. - 5 p.m.

This training session is designed for civilian supervisors and leaders of active duty personnel. All interested military and civilian personnel are invited to attend. The format will be a one hour presentation, followed by a question and answer session. Refreshments will be served. Please call for more information or to reserve a seat.

SAPRP Unit Refresher Training

Beginning in Sep, SAPRP unit refresher training will be held monthly at USAG Brussels. This is designed to provide refresher training to all members of an

ARMY COMMUNITY SERVICE

organization, at the unit level. The materials provide both the leader and the Soldier with knowledge, awareness, and prevention techniques regarding sexual assault prevention, which they can apply to their daily activities as unit leaders or unit members. This two hour training is also used to stress the seriousness of sexual assault and to ensure that the Army's contemporary operational environment is safe and kept to the highest standards. This fulfills the annual SAPRP training required under DOD JFT-SAPR-007. Look for time and location information to be posted soon on the SAPRP Web site at: <http://www.brussels.army.mil/ACS/sarp.htm> or call DSN 368-9668; CIV 02-717-9668.

Sexual Assault Awareness Month (SAAM) Logo Winner

The SAPRP coordinator, Gabriela, is happy to announce that **Jessica Fitzgerald**, a recent graduate of the SHAPE High School, received the award for winning the SAAM logo contest on July 13 at USAG Brussels.



Jessica will be attending college in Tennessee next year on a ROTC scholarship and plans to become an Army nurse. She wrote the following: "When I made this logo, I had boundaries in my mind. Many people think that only women are affected, but I wanted my logo to be gender neutral because men are victims too. As individuals we need to convey our own personal boundaries and as a society we need to put an end to our antiquated treatment of sexual assault victims. People need to know that it is socially acceptable to speak up against sexual crimes, effectively drawing the line." Should you have any questions regarding the Sexual Assault Prevention and Response Program (SAPRP) do not hesitate to call Gabriela at DSN 368-9668 or CIV 02-717-9668 or stop by her office at ACS.

ARMY COMMUNITY SERVICE**ACS Financial Readiness Program**

DSN 368-9698; CIV 02-717-9698

Thrift Savings Plan (TSP)

DSN: 368-9698; CIV 02-717-9698

Your financial situation might have changed since you first started your Thrift Savings Plan. Take the time to reevaluate your TSP participation. The *elimination of limits* on the percentage of your pay that you can contribute may enable you to save more money now, especially if you have enjoyed annual raises, step increases, or promotions over time. You can contribute up to \$15,000 of your pre-tax dollars this year. The calculators at www.tsp.gov can help you decide whether you are saving enough for your retirement and help you maximize your contributions to the TSP. Please call for more details.

Creating a Plan to Reach Your Financial Goals

Money lies behind much of what we do and what we want to do. However, some of the most exciting opportunities in life can be tainted by worries about money. Sometimes all it takes to overcome the anxiety is to create a plan for change. Please e-mail the ACS Financial Readiness Manager at amelie.derosee@benelux.army.mil to receive a copy of an article with steps you can take to start reaching your financial goals.

National School Lunch Program

DSN 368-9684; CIV 02-717-9684

The National School Lunch program offers free or reduced price lunches to eligible families. Apply now for school year 2006-2007. Come by ACS with your and your spouse's latest LES and fill out an application. Also ask about the **FSSA (Family Subsistence Supplemental Allowance)**. You might be eligible for it as well.

CHILD AND YOUTH SERVICES**Central Registration**

DSN 368-9651; CIV 02-717-9651

Mon, Tue, Wed, Fri, 9:30 a.m. - 5 p.m.
Thu, 2 p.m. - 5 p.m.

Registration for SAS and Middle School/Teen after school programs is ongoing at the Youth Center.

Homework Club

Starting Sep 12,

Tue & Thu, 4 p.m. - 5:30 p.m.

The Homework Club is a joint club between the library and CYS. It helps students with their homework in a quiet environment. For grades K through sixth.

CHILD AND YOUTH SERVICES**Newcomer's Club & Youth****Sponsorship Program**

DSN 368-9670; CIV 02-717-9670

If you or someone you know is transitioning into or out of the Brussels community, be sure to check out the CYS Newcomer's Club. Our goal is to help smooth the transition process for children in grades K-12th. Sign up the day before the club meeting (after you register with CYS). SAS parents can use the five free hours per month for the club time. Parents are welcome to join along with youth!

School Age Services (SAS) & Middle School Teen Center (MST)

The SAS and MST centers provide a fun and learning environment for youth in grades K-12th. Clubs include 4-H Cooking, 4-H Art, 4-H Technology, 4-H Pet Club, Boys & Girls Clubs Power Hour, homework assistance, and more! A nutritious snack is provided daily after school. Leadership clubs are available at both centers. So come on, join us!

NEW! CYS Parent Co-op Group

DSN 368-9670; CIV 02-717-9670

Need some time off? Can't find a sitter? Join the CYS parent Co-op Group and get some much needed time off. How can you join? Stop by CYS and add your name to our mailing list so that you can attend the scheduled training and meetings. Training has already begun but there is still plenty of time to join. For more information please contact Melanie at melanie.resto@us.army.mil.

Brussels Torch Club

DSN 368-9651; CIV 02-717-9651

Join and participate in the junior leadership club which meets the first Monday and third Wednesday of each month. This club plans all events, dances, trips and community service projects for the Middle School Teen Center (MST). Earn volunteer and service hours for participating! Free snacks and prizes offered at all meetings. Sixth through eighth grades.

Aikido Lessons

Thu, 4:30 p.m. - 5:30 p.m.

Aikido provides an outlet for physical energy and develops coordination and control. The discipline increases confidence and self mastery. Registered CYS patrons in grade K-12 are eligible to take instruction from a fifth degree black belt master.

CHILD AND YOUTH SERVICES**CYS Dances**

USAG Brussels, Three Star Lounge

DSN 368-9651; CIV 02-717-9651

8 p.m. - 11 p.m.

Sep 15, MS dance, open to members and friends in grades sixth through eighth.

Sep 22, HS dance, open to members and friends in grades ninth through 12th.

All participants need to bring a snack to share for six (no peanuts). We need three parent volunteer for each dance. Please call for more information.

All Aboard For The Teen Center!

DSN 368-9651; CIV 02-717-9651

Students 11 years and up (sixth grade and above) with a valid U.S. ID card can ride the shuttle bus Monday through Friday (when school is in session) departing BAS at 3:10 p.m. with destination USAG Brussels CYS!

School of Music

The USAG Brussels operates its own School of Music through Child and Youth Services. Wind, horn, voice and piano lessons are available. Welcome Ms. Patricia Edwards and Ms. Tsvetana Glogva who joined the CYS School of Music!

Both instructors are well trained and highly skilled. Ms. Edwards is a Peabody Conservatory graduate, earned first prize in horn from the Royal Conservatory of Music of Antwerp, and a Diploma in Voice from the City Music Conservatory in Mechelen. She has served as a longstanding member of the National Orchestra of Belgium and Opera of Flanders. Voice, horn, trumpet, trombone, baritone, clarinet, saxophone and flute lessons are offered on Tuesdays, 3:15 p.m. - 7:30 p.m. and cost €85 for four 45 min. individual lessons. Piano lessons taught by Ms. Tsveti Glogva are available on Wednesdays and cost €75 for four lessons. Open to CYS registered youth and their parents. Call CYS at DSN 368-9651 or CIV 02-717-9651 for more information.

LIBRARY

USAG Brussels, Bldg. 4

DSN 368-9791; CIV 02-717-9791

NEW Hours!

Tue, 10 a.m. - 6 p.m.

Wed, 10 a.m. - 2 p.m.

Thu & Fri, 10 a.m. - 6 p.m.

Sun, 11 a.m. - 4 p.m.

Closed Mon, Sat, and holidays.

LIBRARY Continued

Temporarily Reduced Hours

We regret to announce that since Aug 1, the USAG Brussels Library is operating under reduced hours (please note the time changes above). We apologize for any inconvenience. The reduced hours are necessary because of staffing shortages, which cannot be made up because of the recent hiring freeze mandated for U.S. Army Garrisons world wide. These hours will be in effect until further notice.

The library offers the Brussels Tri-Mission Community a modern facility with services comparable to public libraries in the United States. You can browse the latest collection of books, magazines and audio-visual materials and you can access the Internet. The friendly library staff will provide research and information assistance should you need it. All members of the Brussels community are eligible to use the library free of charge.

Pre-School Story Hour

Starting Sep 13

Wed, 11 a.m. - noon

Join us for Story Hour to listen, learn and share the world of books and reading. For children three to five years old. If your child is not yet three, he or she may "audition" for a place on the reading rug. Please call and register your child in advance.

USAG BENELUX EDUCATION CENTER IN BRUSSELS

USAG Brussels, Bldg. 1
DSN 368-9704; CIV 02-717-9704

Sep 6

Education Expo at NATO HQ

Sep 8

Brussels Community Info Fair

Sep 20

Beginning at 10 a.m. with prior registration (one week in advance), the SHAPE Testing Officer will administer **CLEP**, **DANTES**, **ECE**, and **other selected tests**. Testing at SHAPE is possible at other times.

Oct 11

Education Expo at NATO HQ

Oct 18

Beginning at 10 a.m. with prior registration (one week in advance), the SHAPE Testing Officer will administer **CLEP**, **DANTES**, **ECE**, and **other selected tests**. Testing at SHAPE is possible at other times.

USAG BENELUX EDUCATION CENTER IN BRUSSELS

Tuition Assistance Program for Air Force Spouses Only

This tuition assistance program applies only to spouses of USAF personnel on active duty. The purpose of the Spouse Tuition Assistance Program (STAP) is to provide increased occupational opportunities. The program provides STAP at a rate of \$300 or 50 percent of unmet tuition charge per course, with a limit of \$1,500 per academic year. Only contracted institutions such as UMUC, OU, CTC, UoP and ERAU offering on-base programs may be utilized by STAP students. STAP cannot be used for online courses with CTC or for undergraduate classes with UoP. Please contact Elsie the Air Force Education Counselor at DSN 423-4446 or CIV 065-44-4446 for more information.

Spouse Education Assistance Program (SEAP) for Army Spouses Only

is administered by HQ, Army Emergency Relief (AER). AER offers Spouse Education Assistance Program for Army spouses in Europe. The education assistance funds can also be used towards taking exams such as the GED, TOEFL and CLEP. SEAP does not apply to second undergraduate degrees or courses, or to graduate level degrees or courses. Financial assistance is awarded for up to half the cost of tuition per term, with a maximum of \$500 per term or \$2,500 per year.
www.aerhq.org

OUTDOOR RECREATION

Bldg. 4, Room 303

DSN 368-9775; CIV 02-717-9775

Have you tried it? The USAG Brussels Outdoor Recreation Program is proud to present a new luxury touring coach: a 50-seater Setra-Mercedes bus fully equipped with reading lights, curtains, luggage rack, safety belts, water flush toilet, refrigerator, video/CD player, cassette recorder... and air conditioning. No excuse left! Come one, come all!

Trip to Normandy

Sep 1 - 4

Join us for this interesting Labor Day trip to Normandy.

SPORTS & FITNESS CENTERS

Bldg. 3, USAG Brussels
DSN 368-9667; CIV 02-717-9667
Mon - Fri, 5 a.m. - 8 p.m.
Sat/Sun, 9 a.m. - 4 p.m.
Holidays, 5 a.m. - noon

Outdoor Running

DSN 368-9652; CIV 02-717-9652
USAG Brussels Sports is offering you a new outdoor running program. Through exercise, explore Brussels' parks and recreation areas. Every first Saturday of each month, meet at 9 a.m. in the Fitness Center. Distance covered: at least 5k and max 15k. Please note physician's clearance is required. Contact Vincent if you wish to join our healthy and fun group of runners.

SPECIAL EVENTS

Autumn Festival

DSN 368-9639; CIV 02-717-9639

Oct 27, 3:30 p.m. - 10 p.m.

Join us for trick-or-treating, games, face painting, arts and crafts, music, and much more! Get your costumes ready! Call Lisa, your special events coordinator for more information.

B.O.S.S Program

DSN 368-9639; CIV 02-717-9639.
Calling all single Armed Forces men and women! BOSS aims to improve the overall quality of life for single service members. B.O.S.S. assists singles in planning recreation and leisure activities and gives you the opportunity to participate in and contribute to your community. Open to all branches of service. Get involved!

THREE STAR LOUNGE

Bldg. 1, USAG Brussels
DSN 368-9732; CIV 02-717-9732
Thu, 5 p.m. - 10 p.m.
Fri, 5 p.m. - 1 a.m.
Sat, open only for scheduled events.

The Three Star Lounge at USAG Brussels is open to all Tri-Mission ID card holders. Minors are welcome during most activities when supervised by a parent or an adult 18 years or older.

Movie Nights

Join us every Thursday at 7 p.m. for some popcorn and a movie.

Friday Right Arm Nights

Supervisors, come and show your staff how much you appreciate them. Every first Friday of the month at 5 p.m.

Sunday Football Nights

Come watch football every Sunday at 7 p.m.

Community Spouses Luncheon

Tue, Sep 12 at noon in the USAG Community Room, CIV 02-731-3686

VOLUNTEERING OPPORTUNITIES

DSN 368-9697; CIV 02-717-9697

With summer behind us and children away at school, you may find yourself with some extra time on your hands. Consider the volunteer opportunities below.

The Consignment Shop is in need of many extra hands to help with consignment and cashier positions. Call Stacey at DSN 368-9742; CIV 02-717-9742 for more details.

Special Events

Sep 8, Annual Information Fair

We will need help in various organizational areas **Aug 17 - Sep 8**. Please contact Cathy at DSN 368-9729; CIV 02-717-9729 for more details.

Oct 27, Annual October Fest

We will need help with set up on Oct 26 & 27. Please call Lisa at DSN 368-9639; CIV 02-717-9639 for more information.

Army Community Service needs a volunteer one or two days a week to help staff the ACS Central Information and Referral Desk. Call Heather at DSN 368-9721; CIV 02-717-9721 for more details.

Arts & Crafts Center

We need creative volunteers for painting and organizing. Artists wanted for exhibits. Anyone interested in starting a discussion group (art, politics, etc) please call DSN 368-9629; CIV 02-717-9629.

ARTS & CRAFTS CENTER

USAG Brussels, Bldg. 1

DSN 368-9629; CIV 02-717-9629

Tue, 1 p.m. - 9 p.m.

Wed & Thu, noon - 8 p.m.

Fri, noon - 4 p.m.

Sat, 10 a.m. - 6 p.m.

Closed Sun, Mon and holidays.

Note: Please come to the Arts & Crafts center to register for any classes you might want to attend. *There will not be any registrations or reservations made over the phone.* Thank you for your compliance.

The Wood Shop

Want to build that special table or shelf? The wood shop is now open (for those who have been through the training class) everyday until 30 min. prior to closing.

The Framing Studio

Do it your way! The framing studio is open all day, everyday (for those who have been through training) until 30 min. prior to closing.

ARTS & CRAFTS CENTER

Painting Classes

Sep 5, 12, 19 and 26

7 p.m. - 8:30 p.m.

This is a course for the beginner to advanced painter. Students will learn how to build and stretch their own canvas and the basic techniques of acrylic painting. Price is \$62 for the entire session or \$18 per class, and it includes all materials. There is a maximum limit of eight students per class. Space is limited so sign up early!

Mosaic Making

Sep 6, 13, 20 and 27

6 p.m. - 7:30 p.m.

This course will teach you the basics of mosaic making. Price is \$62 for the entire session or \$18 per class. Students will have to purchase or bring their own project to mosaic. All other tools and tiles will be supplied. There is a limit of maximum 12 students per class. Space is limited, so sign up early!

Scrap Booking

Sep 7, 14, 21 and 28

6 p.m. - 7:30 p.m.

This class offers the space, cutting utensils and tools for the popular hobby of scrap booking. The Arts & Crafts Center will supply small snacks and non-alcoholic refreshments to make this time fun and relaxing, to chat and be creative. Price is \$35 for the whole session or \$10 per class. Cutting tools, scrap-booking utensils and basic formats will be supplied. Students will have to bring their own scrap book, photos, specialty paper and any extras. There is a limit of maximum 15 students per class. Space is limited, so sign up early!

Intro to Art for Kids

Sep 9, 16, 23 and 30

11 a.m. - 12:30 p.m.

This course will introduce children ages six and up to the basics of various art techniques and methods as well as some of the greats in art history. Price is \$44 for the entire session or \$15 per class. All materials will be supplied. There is a limit of maximum 12 students per class. Space is limited, so sign up early!

ARTS & CRAFTS CENTER

The Ceramic Studio

Design your own plate, vase, mug or bowl. The possibilities are endless... The Ceramic Studio is open every day and will close an hour before scheduled classes begin. On Saturdays, however, it will reopen after the "Intro to Art" class.

B-Day Party at Ceramic Studio

How about having your birthday party facilitated by the Arts & Crafts Center? Adult and children parties are possible. Call the Arts & Crafts Center for more information.

AUTO CRAFT CENTER

Bldg. 1, USAG Brussels

DSN 368-9743; CIV 02-717-9743

Wed, Thu, 10 a.m. - 2 p.m. and

4 p.m. - 8 p.m.

Fri, 8:30 a.m. - 5 p.m.

Sat/Sun, 10 a.m. - 6 p.m.

Closed Mon, Tue and holidays.

Motorcycle Automotive Classes

Wed, 7 p.m. - 9 p.m.

Custom six week courses are available for \$45. Advance sign up required.

Automotive Classes for Dummies

These classes are designed to show you general maintenance procedures and to explain the dynamics of your vehicle. Cost \$25. Advance sign up required. Call for times and dates.

ID CARD SERVICES

DSN 368-9635; CIV 02-717-9635

Wed and Fri, 9:30 a.m. - noon

In order to provide better service and reduce waiting time, we are providing ID card services *by appointment only*.

For CAC cards (ID cards with the PKI chip) or dependent ID cards please bring the following:

1. DD1172-2, filled out & signed by your personnel office;
2. A copy of your certificate of assignment;
3. A second form of ID.

Please remember that sponsors must be present for dependents to receive their ID cards. In case sponsors cannot be present, they may provide a power of attorney to the spouse.

Note: IAC (Installation Access) and Installation ID cards will continue to be processed *by appointment only*, Mon - Fri, 9 a.m. - 1 p.m.
DSN 368-9835; CIV 02-717-9835

AIR POST OFFICE (APO)

Bldg. 2
DSN 368-9718; CIV 02-717-9718
Closed Thu at 3 p.m.

Privileged Nature of Mail

Because of the privileged nature of mail, postal clerks are not authorized to provide information such as box numbers, addresses or if there is mail in a customer's box; even if you are the customer.

MPS Not to Ship Personal Property

Now that PCS season is in full swing, many personnel moving from one overseas assignment to another are welcome to use "MPS" to ship uniform items and personal gear required to perform official duties at their next duty station. Please be aware that MPS cannot be used to ship personal property.

Customs Examine All Mail to The United States

Have you ever been assessed a customs tax (duty) on a parcel mailed back to the United States? All mail entering the United States is subject to customs examination. All letters and parcels containing merchandise must have completed customs declaration attached. You must identify each item inside completely. For example: suede jacket, \$59 or china figurine, \$85.

AIR POST OFFICE (APO)

If you prefer not to show the contents on the outside of your parcel, complete and enclose PS Form 2976-A (large white customs form) copies one through three inside the package, give copy four to the postal clerk. Next, place only the upper portion of PS 2976 (small green label) on the address side of the article. You must itemize the contents on all customs forms placed, whether outside or inside your parcels. The following articles are exempt from customs duty charges when parcels are properly annotated (postal clerks will stamp your parcels with customs endorsement upon request).

Bonafide gift not exceeding \$100 in value. Duty free entry is limited to \$100 per day to any one individual. Mark these articles "Bonafide Gift" in addition to itemizing the contents on the customs form. Several gifts to different people may be mailed in one parcel. Each item must be individually wrapped and addressed. Annotate the customs form indicating the number of separate packages contained therein stating each gift is valued at \$100 or less. If more than one package is intended for a single person, also annotate that no single person is receiving gifts with an accumulated value exceeding \$100.

AIR POST OFFICE (APO)

U.S. Merchandise. Articles that are produced or manufactured in the United States, and which, after having been exported, have not advanced in value or improved in condition may be mailed back to the United States free of customs duty. Annotate parcels "Returned U.S. Merchandise" in addition to itemizing the contents on the customs forms. **Personal and Household Effects.** Personal and household effects of individuals returning to the United States under government orders may be exempt from customs duty. Place a copy of the PCS orders in a clear plastic bag and tape to the outside of the parcel. You should also include a copy inside the parcel. In addition to itemizing the contents on the customs declaration, mark these packages: "Free Entry Claimed Under Public Law 89-436; Movement Orders Enclosed." For more information on customs, please contact your local customs or post office.

The United States Postal Service does not assess customs duty. Only U.S. Customs officials in CONUS assess and collect customs duties. To appeal or refute customs duty charges, write to the area customs office. Your nearest post office can provide this information to you.

PEOPLE IN YOUR COMMUNITY

by Isabelle Gillet

Linda Seibl is the USAG Brussels MWR Library Director and has been working for the U.S. Army libraries since 1989. According to Linda, she was "contaminated" at an early age by "the book illness." "I remember going to the store when I was a kid to buy children's books from my own pocket money, which I would save for this purpose." The most visible symptom of her addiction to books is that she cannot stop buying more... And since waiting for the delivery of online orders takes too long, she chooses to go shopping downtown Brussels when in desperate need of a new item for her ever-growing home collection. The USAG Brussels MWR Library is a modern facility, which offers the latest and best in books, magazines, audiovisual materials, as well as a wide-ranging collection of programs for all ages and interest groups. It is currently undergoing transformations to become a real Business Resource Center where customers will have access to high speed internet and the ability to scan and digitally send reference documents. Linda and her staff would like to develop the "yellow tag" series on Belgian culture, history and customs by providing more titles in Dutch, French and German to the Brussels community. If you would like to find out more about the programs available at the USAG Brussels MWR Library, contact Linda by e-mail at Linda.Seibl@benelux.army.mil or by phone at DSN 368-9705; CIV 02-717-9705.



INSIDE THE INFO FAIR

mini **Job Fair**

Fri 8 Sep 1130 - 1900
USAG Brussels

**Your Steps
for Success!**

Help understanding the job market!

Employment opportunities!

Networking opportunities!



Meet with CPAC representatives, U.S. Mission to NATO, U.S. Tri-Mission (SNAP), the Employment Readiness Managers from USAG Brussels, USAG Schinnen, SHAPE/Chievres and the Community Readiness Consultant from NATO Base Geilenkirchen.

ARMY COMMUNITY SERVICE

Bldg. 318, SHAPE
DSN 423-5324; CIV 065-44-5324
Mon - Wed, Fri, 8 a.m. - 5 p.m.
Thu, 8 a.m. - 3 p.m.
Closed SHAPE holidays

RELOCATION OFFICE

Bldg. 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332

**Welcoming Everyone to Belgium
W.E.B. Office**

Hotel Le Maisières, Room 126
DSN 366-6252; CIV 065-44-6252
Mon - Fri, 9 a.m. - noon
Closed SHAPE holidays

The vision of the W.E.B. office is to ease the transition for Americans relocating to Belgium. The W.E.B. office provides referrals, information, and most importantly, a friendly face and a warm hand of hospitality. Stop by the W.E.B. office and meet with other Americans in the area for support, communication and assistance.

Make the Right Move

Bldg. 318, ACS, SHAPE
DSN 423-4332; CIV 065-44-4332
Sep 6 or Oct 25, 2 p.m.
Are you prepared for your next PCS move? Attend this class and make this the best PCS move ever!

Take the Train

Sep 16, Oct 21
9 a.m. - 5 p.m.
The Belgian train system is well developed and can be the easiest way to travel in and out of Belgium. "Take the Train" is a living experience and gives you the opportunity to learn how to use this great transportation system. Sign up today.

Take the Bus

Join us for an educational experience and learn how to use the local bus system. Point of departure is Hotel Le Maisières. The whole family is welcome!
Please call DSN 423-4332 or CIV 065-44-4332 for September and October dates.

Sponsorship Training

ACS Conference Room
Sep 6, Oct 25
10 a.m. - 11 a.m.
Sponsorship training helps sponsors to be more efficient by giving them tips such as assisting Newcomers with their in processing, welcoming orientation, and settling in assistance.

ARMY COMMUNITY SERVICE**Benelux Headstart**

DSN 423-3466; CIV 065-44-3466
DSN 423-5324; CIV 065-44-5324
Sep 11 - 15 and Oct 16 - 20
A free five-day introduction to the French language and Belgian culture. Among other things, the class covers practical information about programs and services available on post (banks, shops, education, etc) and includes a field trip to a museum/city hall and a restaurant. Instructors are French native speakers. U.S. Soldiers enroll for the next available class during in processing. Family members and civilians are welcome to attend on a space available basis.

Introduction to Belgium

Sep 12, Oct 17
8:30 a.m. - noon
Call ACS for more information and to sign up.

**USAG Benelux Newcomer's
Orientation**

Hotel Le Maisières (across from the SHAPE Main Gate), Ballroom
DSN 423-4332; CIV 065-44-4332
Sep 13, Oct 18
8:30 a.m. - 3 p.m.
The Newcomer's Orientation is designed to assist active duty personnel, DoD civilians and family members by providing important information about the Chièvres /SHAPE community. It is mandatory for active duty military personnel, but family members and civilians are also welcome to attend. Complimentary lunch and cookies are provided!

NEW! ACS Shopping Trip

Sep 15, Oct 20
8:30 a.m. - 3:30 p.m.
Call ACS for more details.

Rendez-Vous with French!

Hotel Le Maisières, W.E.B. Office
DSN 423-7598; CIV 065-44-7598
Sep 19, Oct 17
Looking for some basic French language skills or want some insight into the Belgian culture? What is appropriate and inappropriate to say and do? Where can you find the best language classes? Let ACS help you with this free class for beginners, offered once a month.

Employment Readiness Program

Bldg. 318, Room 118, SHAPE
DSN 423-4904; CIV 065-44-4904

Return and Reentry Class

Offered Tuesdays at 10 a.m. for all service members recently returned from deployment.

ARMY COMMUNITY SERVICE**ACS Volunteer Program**

Bldg. 318, SHAPE
DSN 423-5324; CIV 065-44-5324
The Army Community Service (ACS) needs YOU as a volunteer member of our staff. Being an ACS volunteer offers great benefits such as flexible hours and job training. Volunteers are always needed to support ACS staff with photocopying, sending faxes, filing, data processing, and other general office requirements. Come and be part of our volunteer staff!

Job Opportunities Workshop

Wed, 9 a.m. - noon
Learn where to find jobs in the Benelux community and how to apply for them. Bring your resume and have it updated or find out how to load it onto Resumix. Workshops are open to all U.S. ID card holders and their spouses who are ready to seek employment. Pre-registration is required.

**Unit Victim Advocate (UVA)
Make-up Training Module IV**

Bldg. 318, SHAPE
Conference Room
Oct 20, 8:30 a.m. - 5 p.m.

Army Emergency Relief (AER)

The AER office provides financial assistance to Soldiers and their family members in time of valid emergency. The AER office also provides emergency assistance for other services through their relief agencies. If you are not near a military installation, Soldiers can receive assistance through a local American Red Cross Chapter.

**Transition Assistance
Program (TAP)**

Hotel Le Maisières
DSN 423-4904/5324
CIV 065-44-4904/5324
Nov 14, 1 p.m. - 5 p.m.
Nov 15 - 17, 8 a.m. - 5 p.m.
The TAP program includes a pre-separation briefing and a transition assistance workshop for military service members and their families as they transit from the service. The workshop will cover topics such as interviews, reviewing job offers, support and assistance, career exploration and more!

Lending Closet

Bldg. 318, SHAPE
DSN 423-3815/5324
CIV 065-44-3815/5324
Mon - Fri, 9 a.m. - 1 p.m.
Borrow items while moving. The Lending Closet offers many useful items including vacuum cleaners.

AFTB and You

by Sonya Mulack

AFTB... just another military acronym right? If that's what you think, think again. AFTB, American Forces Team Building is a valuable program that can open up a world of knowledge to you. It's an official Army program but it's open to everyone whether you're a Soldier, Sailor, Marine, Airman, spouse, civilian, retired, or host nation personnel.



AFTB offers three levels of training. Level I provides you with basic military knowledge essential to living in your local environment. We offer classes on military acronyms, benefits and entitlements, Benelux 101, the chain of command and local community resources. Level II gives you the opportunity to focus on personal growth with classes like communication, adapting to change, stress management, and time management. With level III classes AFTB offers you leadership skills, conflict management, problem solving techniques, and motivating factors. All level III classes are designed to add to or improve your professional development skills. AFTB offers something for everyone!

The best part about AFTB is that if you have a computer, it's available to you anytime of day. All three levels of AFTB can be accessed by logging onto www.myarmylifetoo.com. First you'll need to be registered with the site. After registering you can take all of the classes listed above and many more. Just locate the "Lifelong Learning" box in the middle of the page and click on "AFTB Level I, II, III Training." You will then be able to choose the level you are interested in. You are not required to take the levels in order or even complete an entire class. You can spend as much or as little time on the site as you have. The program will remember where you left off and direct you back to the uncompleted portion the next time you log on. With AFTB, knowledge is just a click away.

We also offer AFTB classes locally each month. Our next class will take place on September 19 from 10 a.m. to noon at the CAC on Chièvres Airbase. We will be discussing how to deal with stress and offering hands-on techniques in the form of exercise. So put on your workout clothes and come join us as we learn how to de-stress with AFTB.

For more information on our local program or AFTB's volunteer opportunities contact us at aftbfamily@benelux.army.mil. Come Learn, Grow and Lead with AFTB.

ARMY COMMUNITY SERVICE
American Forces Team Building
 Bldg. 318, Room 222, SHAPE
 DSN 423-5425; CIV 065-44-5425
 FAX: 065-44-4896
 Email:

aftbfamily@benelux.army.mil
 Web site:
www.armyfamilyteambuilding.org
 A volunteer-led program designed by military spouses, AFTB provides training and knowledge to individuals who want a better understanding of the military and its mission.

Dealing with Stress

Community Activity Center (CAC)

Sep 19, 10 a.m. - noon

Stress can cause physical and emotional problems that may affect your health, your personal and professional relationships, as well as your overall well-being. Join us for this class and learn different methods for dealing with stress. Included is a presentation by Peggy Ryan, the CAC and Fitness Center Director, who will demonstrate how certain types of exercise, such as yoga, can lower your stress levels. Call AFTB for more information.

Women, Infants and Children Overseas (WIC)

DSN 423-5971; CIV 065-44-5971
 WIC Overseas is a DOD nutrition education and supplemental food program offered to active duty military, Department of Defense employees and DoDEA personnel and their dependents. Program participants receive benefits such as nutrition education and healthy foods to enhance the quality of health and wellness for you and your family. If you are pregnant, breast-feeding or have a child less than five years of age, please call to see if you qualify!



U.S. ARMY

Army Civilian Corps Creed

- I am an Army Civilian – a member of the Army Team
- I am dedicated to our Army, our Soldiers and Civilians
- I will always support the mission
- I provide stability and continuity during war and peace
- I support and defend the Constitution of the United States and consider it an honor to serve our Nation and our Army
- I live the Army values of Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage
- I am an Army Civilian

ARMY COMMUNITY SERVICE

New Parent Education and Support Program (NPESP)

DSN 423-3321; CIV 065-44-3321

This program is available to all U.S. military and civilian families expecting or with children, newborn to three years old. If you are expecting or have just recently welcomed a new member to your family, please stop by ACS and see us. We have a free gift for you and would like to introduce ourselves to your new bundle of joy! Services offered include: information and referral, home visitation, education on topics relating to maternity and childbirth, parenting classes, playgroups, breast-feeding and much more. The following classes are held at the SHAPE Healthcare Facility in the Social Services conference room. Registration is required.



Playmornings

SHAPE Health Clinic
Conference Room

DSN 423-4274; CIV 065-44-4274

You and your children, newborn to five years of age, are invited to play in our playroom located on the second floor of ACS. Please call for dates.

CHILD AND YOUTH SERVICES

Infant Massage Class

SHAPE Health Clinic,
Conference Room

Thu, 11 a.m. - noon

Come to the infant massage class and discover new techniques to calm your baby.

CHILD AND YOUTH SERVICES

Breast-feeding Support Group

SHAPE Health Clinic

Conference Room

DSN 423-5971/4274

CIV 065-44-5971/4274

Are you making the decision whether to breast-feed or not? Get the advice and support you need.

Central Registration (all youth)

Bldg. 209, SHAPE

DSN 423-3874/4328

CIV 065-44-3874/4328

Mon - Thu, 8 a.m. - 5 p.m.

Fri, 8 a.m. - 3 p.m.

Annual membership fee and registration are required for youth to participate in CYS programs and services. In order to register, youth must bring a recent health assessment and immunization record.

Child Development Center (CDC)

Bldg. 616, SHAPE

DSN 423-4810/5618

CIV 065-44-4810/5618

Mon - Fri, 7:30 a.m. - 6:30 p.m.

Hourly Care

(available when school is in session)

Mon - Fri, 8:30 a.m. - 5:30 p.m.

CDC offers child care for children six weeks to five years of age.

**Join the annual
Terry Fox Run
for cancer research
on SHAPE
Saturday, Sept 23
11 a.m. - 2:30 p.m.**

School Age Services (SAS)

Bldg. 602, SHAPE

DSN 423-5980/5982

CIV 065-44-5980/5982

Mon - Fri, 7:30 a.m. - 6:30 p.m.

SAS offers out-of-school activities for children grades first through sixth.

Before and after school care options are also available and a variety of programs are offered from computer to homework lab, Newcomer's Club, and more.

CHILD AND YOUTH SERVICES

Middle School Center

Bldg. 503, SHAPE

DSN 423-5789/5635

CIV 065-44-5789/5635

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays:

Mon - Fri, 1 p.m. - 6:30 p.m.

Teen Center

Bldg. 503, SHAPE

DSN 423-5711/5610

CIV 065-44-5711/5610

Mon - Fri, 3:30 p.m. - 6:30 p.m.

School holidays Mon - Fri,
1 p.m. - 6:30 p.m.

The Middle School and Teen Center offer many activities such as: scheduled dances, lock-ins, movies, Newcomer's Club, Boys & Girls Club programs, computer lab, homework assistance, and a variety of self-directed activities. Generally the activities are free, but in certain cases a small fee may be charged for specific programs or instructional classes.

SHAPE LANGUAGE CENTRE (SLC)

Bldg. 211, SHAPE

DSN 423-4971; CIV 065-44-4971

Office: Mon - Fri, 8:30 a.m. - 5 p.m.

Classes: Mon - Fri, 9 a.m. - 8:30 p.m.

Closed on SHAPE holidays

The SHAPE Language School (SLC) is offering language courses in French, English, Italian, Greek, Portugese, Polish, Turkish, Spanish and Russian. Various levels are offered, from beginners to advanced, and Cambridge examination classes in English.

Enrollments for new students:

Sep 4 - 8

9 a.m. - noon and 1 p.m. - 4 p.m.

Special offer: Dependent

Newcomers (minimum age is 16 yrs.) will receive a 50 percent discount on their first French or English total beginner course. This offer is valid for a period of six months following the initial arrival date at SHAPE.

Greek, Portugese and Turkish classes are free of charge, courtesy of the respective NMRs.

Please note that a minimum of seven people is required to run a course. The minimum age to attend SLC classes is 16 yrs. of age.

School Lunch Ticket Program for 2006 - 2007

Application forms are available at ACS during operation hours.

SHAPE INTERNATIONAL LIBRARY

Bldg. 307, Community Activity Centre, SHAPE
 DSN 423-5631; CIV 065-44-5631
 Mon - Wed, 9 a.m. - 8 p.m.
 Thu - Fri, 9 a.m. - 6 p.m.
 Sat, 10 a.m. - 5 p.m.
 Closed Sun and SHAPE holidays
 The SHAPE International Library is a multi-purpose facility serving as a lending library, reading room, cultural center, an art gallery and a computer center where patrons can access electronic information sources such as the Internet, CD-ROM programs and utilize word processing software. A library card is required to check out library material and to use the computers. There is **no charge** to register for a library card. However, there is a small charge for copies.

**Library Gallery**

As a special feature and to expand cultural awareness, the library hosts art displays by different local artists each month. Come in to view the beautiful and creative art shows.

Book Discussion Group

This fabulous book club, known as the "Page Turners" meets at 5:30 p.m. every third Wednesday of each month. New members are always welcome.

Lap Sit

Wed, 10 a.m. - 11 a.m.
 The SHAPE International Library brings parents and toddlers together with a program called Lap Sit. The program is for toddlers up to 24 months.

Pre-school Story Time

Tue, 10 a.m. - 11 a.m.
 Ages three to five.

ANIMAL SERVICES**Chièvres Veterinary Clinic**

Bldg. 10, Caserne Daumerie,
 DSN 361-5435; CIV 068-27-5435
 Please call for September and October hours.
 All incoming U.S. military and DOD civilians must register their pets at the Chièvres Veterinary Clinic on Caserne Daumerie. Dogs, cats and ferrets must be vaccinated for rabies. Bring your furry friends in for health certificates, vaccinations, on-going medical conditions, nail trimming and ear cleaning. Emergency services are not available, however, a list of providers will be furnished upon request. For all out-processing U.S. military and DOD civilians, you must sign out your records prior to departure. Health certificates are required in order to transport your animal to the next duty station. Call the clinic for more information.

Chièvres Boarding Kennel

Bldg. 30, Chièvres Air Base,
 DSN 361-5436; CIV 068-27-5436
 Mon - Fri, 8:30 a.m. - 4:30 p.m.
 Lunch 1 p.m. - 2 p.m.
 Sat & Sun, noon - 2:30 p.m.
 Closed American and SHAPE holidays

Whether you are settling into your new home, out-processing or simply going on vacation, we will gladly take care of your pets, from dogs and snakes to goldfish. **Please note:** no livestock will be accepted.

**Trophy
 Engravings &
 SHAPE Crest
 Shirts Are
 Now Available
 At The SHAPE
 Arts & Crafts
 Centre**

**Call DSN
 423-4680**

SHAPE BOWLING**Leagues**

The Pizza Bowl is a 12-lane bowling center which provides services for 11 leagues, consisting of a large youth program, men's, women's, and mixed bowling. If you are not in a league, come and see all the fun and excitement that we have in store for you!

SHAPE BOWLING

Bldg. 502, SHAPE
 DSN 423-5697; CIV 065-44-5697
 Mon - Thu, 11 a.m. - 11 p.m.
 Fri - Sat, 11 a.m. - 1 a.m.
 Sun, noon - 11 p.m.
 SHAPE holidays, noon - 11 p.m.

Cosmic Bowl

Glow-in-the-dark bowling happens Friday and Saturday nights.

Bowling Special

Mon and Fri, 11 a.m. - 2 p.m.
 Pay €1.00 per game. WOW!

Bowling Birthday Parties

Try the Pizza Bowl for your child's next party complete with party favors, shoes and bumper bowling. The Pizza Bowl is also available for teen and adult parties.

Sunday is Family Day

All games are only €1.50.

SHAPE Holidays

Bowl for €1.50 per game.

Pro Shop

Stop by the Pro Shop for many choices in bowling equipment. The Pro Shop also offers a state of the art drill press for drilling balls; any bowling ball can be drilled on site. Appointments are required.

Snack Bar

Come try a delicious pizza and check out our new snack bar menu with many items such as biscuits and gravy, Mexico platter with tacos, burritos, Spanish rice and refried beans, chicken caesar salad, French toast, and Otis Spunkmeyer muffins and cookies.

BENELUX FINANCE OFFICES:

SHAPE Finance Office:
 DSN 423-4098; CIV 065-44-4098
Brunssum Finance Office:
 DSN 364-2839; CIV 045-526-2839
Brussels Finance Office:
 DSN 368-9732; CIV 02-717-9732

ROAD SAFETY

Sugar beet harvest begins!



Moves Slowly!

Most farm vehicles cannot exceed 50 km/hr and will stop suddenly. Avoid following too closely.

Safe distance means no less than two car lengths.

No visibility!

Traveling behind large farm vehicles will slow traffic and create long lines. Drivers are cautioned not to overtake.

Poorly lighted!

Farm vehicle lights can become covered and cause decreased visibility. Reduce vehicle speed in known areas of farm vehicle traffic.

Slippery conditions!

Farm vehicles leave dirt on the road, which when combined with rain, creates slippery road conditions.

Dropped beets!

Avoid dropped beets by gently maneuvering around them, lowering your speed and keeping your distance.

Adjust your vehicle speed to weather, road and traffic conditions.

USAG BENELUX EDUCATION CENTER ON SHAPE

Bldg. 212, Room 130, SHAPE
DSN 423-3466
CIV 065-44-3466
Mon - Fri, 8 a.m. - 5 p.m.

Benelux Headstart

Sep 11 - 15; Oct 16 - 20

A free five-day introduction to the French language and Belgian culture. Among other things, the class covers practical information about programs and services available on post (banks, shops, education, etc) and it includes a field trip to a museum/city hall and a restaurant. Instructors are French native speakers. U.S. Soldiers enroll for the next available class during in-processing. Family members and civilians are welcome to attend on a space available basis. To register call DSN 423-3466; CIV 065-44-3466 or DSN 423-5324; CIV 068-44-5324.

Overseas Contracted Universities and Colleges

University of Maryland University College Europe (UMUC)

DSN 423-5173; CIV 065-44-5173
shap@fieldrep.ed.umuc.edu
www.ed.umuc.edu

The mission of UMUC Europe is to provide academic programs to members of U.S. military and their communities throughout the European Command. The goal is to make those programs accessible to students who already have substantial commitments to careers and families. Through the undergraduate and graduate programs offered, members of the military services and civilians overseas can take individual classes for personal enrichment or pursue a program of course-work leading to a certificate, associate's degree, bachelor's degree, or master's degree. Learn more by visiting our website or talk to your local representative at the Education Center.

Central Texas College (CTC)

DSN 423-7447; CIV 065-44-7447
www.europe.ctcd.edu

Central Texas College offers associate's degree programs in a variety of Vocational Technical fields. We have classes at SHAPE and Brussels. Distance learning is also available for those who prefer taking classes online. Contact your local CTC representative for information or visit the CTC website.

USAG BENELUX EDUCATION CENTER ON SHAPE

University of Oklahoma - OU

DSN 423-3654 (SHAPE)
DSN 364-6003 (Treebeek)
DSN 458-6098 (Geilenkirchen)
apshape@ou.edu
www.goOU.ou.edu

A degree from the University of Oklahoma symbolizes a high quality education. In 1964, the University began serving the educational needs of the United States Armed Forces. Today, thousands of men and women have completed their degrees. Earn your master's in Human Relations and/or a master's in International Relations. Degrees are offered in an intensive format, requiring 36 semester hours. No thesis or admission tests are required. Admission is based on your undergraduate GPA. Contact your local field representative or visit our web page for more information.

University of Phoenix

DSN 423-4645; CIV 065-44-4645
www.uopxoverseasmil.com

Start earning your degree today! University of Phoenix offers graduate degree programs in Business Administration, Arts in Education/ Curriculum and Instruction, Arts in Education/Administration, and Supervision, Arts in Education/ Teacher Education (Elementary and Secondary). Contact your local University of Phoenix representative for information or visit our website.

COMMUNITY RECREATION

Community Activity Center (CAC)

Hangar 4, Chièvres Air Base
Fitness Center and Library are also located in the CAC.
DSN 361-5506; CIV 068-27-5506
e-mail address:

chievresactivitycenter@benelux.army.mil

We have regular scheduled activities in our gym and community room along with special events and functions. Please see our posted schedule on the Sports and Fitness Board. The CAC is also available for private and official functions to include a variety of events such as birthday parties, bazaars, etc.

CHIÈVRES AIR BASE LIBRARY

(CAC), Chièvres Air Base
DSN 361-5767; CIV 068-27-5767
Tue - Fri, noon - 6 p.m.

Sat, 10 a.m. - 5 p.m.

Closed Sun, Mon, and holidays.

The Chièvres Library is now online and automated! We have joined the Army Europe Libraries' (AEL) European Library General Information System (EGLIS). Stop in to see our exciting new changes and check-out our growing collection of over 10,000 books, including new bestsellers, current release DVDs, videotapes, audio books and language tapes. The staff is available to assist patrons with book recommendations, as well as to provide reference services through AEL online databases and journals. Internet access is available on five modern workstations and limited photocopying service is **free**.

Book Discussion Series *at the Chièvres Library*

Sep 26, Oct 24 @ 6:30 p.m.

Fall Theme: Women read women's lives

The fall series focuses on women's lives, with a historical look through the eyes of women.

September: Cane River by Lalita Tademy
October: A Name of Her Own by Jane Kickpatrick

Buy your copies on line or reserve limited copies through Inter-Library Loan. Join the discussion and celebrate women's lives at the Chièvres Library.

FITNESS CENTER

CAC, Chièvres Air Base,
DSN 361-5643; CIV 068 27-5643
Mon - Fri, 6 a.m. - 9 p.m.
Sat, 10 a.m. - 7 p.m.
Sun, 10 a.m. - 5 p.m.
Call for holiday schedule.

Spinning

Tue and Thu
noon - 12:45 p.m.
Burn up to 500 calories (per 40 min ride) in this heart-pounding, yet fun spinning class.

Baby Buggy Brigade

Chièvres
Community
Activity
Center(CAC)
Mon, Wed,
Fri,
10:30 a.m. -
11:30 a.m.
Join us for
stroller
walking on
our great
indoor
track.

FITNESS CENTER**YOGA for Every Body**

Tue and Thu; 10:30 a.m. - 11:30 a.m. and 5:45 p.m - 6:30 p.m.
Increase your flexibility, increase your endurance, strength and unwind!
Available for all fitness levels.

Kickboxing

Mon and Thu; 5:30 p.m. - 6:30 p.m.
Kick, punch, and strike in this cardiovascular workout which provides overall physical conditioning and toning.

Body Blast

Mon and Wed; 9:30 a.m. - 10:30 a.m. Enjoy a combination of cardio, yoga and weight bearing exercises in this fun and diversified one hour workout.
Please sign up at the Fitness Center.



Fitness Center Orientation

Fitness Center Orientation

First time here? Aren't sure what to do and how the equipment is set up? When is the best time to workout or how does the TV channel get changed? Heard we have a sauna, an indoor and outdoor running track, and extra locker rooms?

Join us for a 45 min. organized tour of the facility. You will familiarize yourself with our services, programs, and equipment. We're happy you're here and we're here to serve you! Get off on the right foot and sign up for a fitness center orientation offered every fourth Thursday of the month. If you can't make it to the tour, we're still here to answer all your questions.

HELPFUL HINTS

Trying to get into shape? Here are some nutrition and fitness tips from Peggy:

- 1. Eat to perform.** About half hour to an hour before exercise, boost your energy level with an apple, raw carrots or an orange. After exercise, some great recovery foods are baked potatoes, pasta (no butter or cream cheese!). If you're looking for a quick snack try raisins, bananas or low-fat yoghurt.
- 2. There is no magic potion.** It doesn't exist in powder, liquid or pill form. Do some research on what you are putting in your body. Seek the advice of a qualified nutritionist. And finally, mom and dad were right: if it sounds too good to be true, it probably is.
- 3. Proper form and technique.** In the fitness room correct form and technique is essential. Remember when stair steppers first came on the scene and people would turn backwards on them and "climb"? Okay, stop that! That's just nonsense and it's a little dangerous, not to mention weird. Use the equipment the way it was intended to be used. Practically every machine has a diagram on how to properly use the machine: where to sit, how to breathe, how evenly you're supposed to lift the weights, etc. If you're still unsure, ask the recreation aid to watch your form on the weight machines. Also ask if the fitness center has a class or a scheduled time set aside for an equipment orientation. Most fitness centers do.
- 4. Personal Trainer.** Know that his goals should be all about you and your goals. Have you ever had a hair stylist who decided for you what would look best on you? Pick a trainer that is more interested in your success rather than their own agenda. Ask about their experience and look for one that has a nationally recognized certification. Remember that fitness is an industry and you are the customer.

Peggy Ryan
CAC and Fitness Center Manager

HEALTH AND WELLNESS

SHAPE Health Care Facility,
Conference Room (second floor),
Room 2D139
DSN 423-5948; CIV 065-44-5948

Weight Loss Support Group

Tue, 9 a.m. - 9:30 a.m. at SHAPE
Wed, 9 a.m. - 9:30 a.m. at Chièvres
library. Please call DSN 361-5643 or
CIV 068-27-5643 to sign up.
Weekly weigh-ins, information, group
support.

Self-Care Class

DSN 423-5886; CIV 065-44-5886
Second and fourth Tuesday of each
month, 10:30 a.m. - 11:30 a.m.
Pre-registration is required for the
classes. No sign up is needed for the
support group.

**Educational & Developmental
Intervention Services (EDIS)**

SHAPE and Brussels:
DSN 423-5967; CIV 065-44-5967
Germany and The Netherlands:
DSN 364-6126; CIV 045-563-6126
Get a jump on development. If you
have questions about how your child
talks, behaves, moves, plays,
sleeps, eats, or will do in school,
contact EDIS. We provide
screenings, evaluations and offer the
services in your home. If your child is
under the age of three, call the
numbers listed above. If your child is
older than 36 months, contact your
local school for services.

**SACEUR Sports**

DSN 423-4717; CIV 065-44-4717
The SACEUR Sports Competition
has a truly international feel and is a
genuine chance to represent your
country at any one of a number of
different sports/activities. Please call
for more details.

SHAPE ATHLETICS**Main Gym**

Bldg. 313
DSN 423-5325; CIV 065-44-5325
Mon - Fri, 6:25 a.m. - 9 p.m.
Sat, Sun, SHAPE holidays,
10 a.m. - 4 p.m.



The Main Gym offers a variety of
fitness classes, basketball, volleyball,
badminton, squash, racquetball,
handball, indoor swimming pool, an
aerobic dance studio, a fully fitted
fitness suite and wet and dry
changing areas with single-sex
saunas.

Indoor Swimming Pool

DSN 423-5583; CIV 065-44-5583

Lane Swim

Mon - Fri, 6:30 a.m. - 8 a.m.;
11:30 a.m. - 1:15 p.m.;
5:30 p.m. - 7 p.m.

Family/Open Swim

Mon - Fri, 5:30 p.m. - 7 p.m.
Sat, Sun, SHAPE holidays,
10 a.m. - 3:30 p.m.

Green Gym

Bldg. 404, next to the athletics track
DSN 423-5325; CIV 065-44-5325
Mon - Fri, 6 a.m. - 9 p.m.
Sat, Sun, SHAPE holidays,
10 a.m. - 4 p.m.

The facility has an abundance of free
weights, two indoor tennis courts and
a limited amount of CV equipment.

Circuit Training

Mon, Wed, Fri, 12:30 p.m. - 1:30 p.m.
Never a fee! Pay in sweat and tears!

Weight Loss Class

DSN 423-5886; CIV 065-44-5886
Second and fourth Tuesday of each
month, 9:30 a.m. - 10:30 a.m.
Please call to pre-register.

SHAPE ATHLETICS**SHAPE Monthly Fun Run**

DSN 423-3945/5583/3924
CIV 065-44-3945/5583/3924
Have you heard about it? Don't get
left behind! Join us the last Tuesday
of every month at 12:15 p.m.

**Marathons In The
Benelux Area****September 10**

In Flanders Fields
Marathon & Half Marathon
Flanders, Belgium

Phone Number: 0032-51-50-31-29
Email: amos@pandora.be

September 17

Beekse RABO Marathon & 30K,
21.K, 10.K
Hilvarenbeek, Netherlands

Phone Number: 013-505-11-06
Email: marlou_van_oevelen@planet.nl

September 30

THE COASTAL MARATHON
(Kust Marathon)
Ostend, Belgium

Phone Number: 0032-11-45-99-76
Email: christophe.impens@cis.be

October 8

Eindhoven Marathon &
Half marathon,
City Run (3-6 km)
Eindhoven, Netherlands

Phone Number: 040-247-80-42
Email: info@marathoneindhoven.nl

October 15

Marathon Echternach & 10K, 8K
Echternach, Luxembourg

Phone Number: 0352-26-72-01-52
Email: rre@vo.lu

October 14

Marathon de Beloeil & Half Marathon,
Relay & Athletic Walk
Beloeil, Belgium

Email: breuwis@swing.be

October 29

Brabant Marathon & Half Marathon,
10K & 5K
Brabant, Netherlands

Phone Number: 0162-51-73-02
Email: secretariaat@marathonbrabant.nl

More marathons are run in October
than all other months combined.
Total length is 26.2 miles or
42.16 kilometers.

SHAPE Entertainment Centre

Bldg. 207, SHAPE

DSN 423-3312/8241;

CIV 065-44-3312/8241

www.shapeonline.net

olivier.galloo@benelux.army.mil

Box Office Hours: 2 p.m. - 5:30 p.m.

THE SHAPE PLAYERS 2006-2007 Season

Wings

by Arthur Kopit

(PG-13) Strong Language

Opening: **Sep 22** (six performances)

Auditions: **Aug 21 & 22**

Emily Stilson, a former aviatrix and stunt pilot, suffers a stroke and is plunged into a disoriented world. The doctors seem to be speaking gibberish and they can't seem to understand her. More than a play about a stroke and the battle to recover, *Wings* is about a woman hauntingly suspended between life and death.

Wings will be entered in the Annual One Act Festival held in October in Heidelberg, Germany.

Chamber Music

by Arthur Kopit

(PG-13) Strong Language

The meeting takes place in a sanitarium where inmates believe themselves to be great pioneer women, a.k.a. Joan of Arc, Amelia Earhart etc. These improbable characters come up with a plot to save themselves from attack by the men's ward. In this 1965 play, Kopit mixes pathos with black humor, introducing plenty of plot twists to keep the audience absorbed until the climatic ending.

Oliver!

Music, Lyrics and Book by Lionel Bart

Opening: **Nov 17** (12 performances)

Auditions: **Sep 26 & 27, Oct 3 & 4**

This play is adapted from Charles Dickens' touching tale of an orphan boy who runs from the orphanage, just to end up in the London criminal underworld, working for the sinister Fagin. *Oliver* will engage the audience with its pathos and drama, while delighting everyone with its outstanding musical numbers.

SHAPE Entertainment Centre

Two Gentlemen of Verona

The Rock Musical

Music by Galt MacDermot; Lyrics by John Guare; Book by John Guare and Mel Shapiro based on the play by William Shakespeare

Opening: **Feb 8** (12 performances)

Auditions: **Nov 27 & 28, Dec 4 & 5**

Valentine and Proteus are good friends until Proteus falls for Silvia, Valentine's love interest. Proteus wants Silvia at any cost and forgets his devoted Julia and his friendship with Valentine. In this play, Shakespeare pokes fun at the conventions of friendship, love and romance, while creating an adventure with surprising twists and engaging characters. Proteus, Valentine, Julia and Silvia are young, innocent and full of life. You cannot help but smile as they work their way through romantic entanglements.

The Lusty and Comical History of Tom Jones

Adapted by John Morrison from Henry Fielding's novel *Tom Jones, a Foundling*

Opening: **Mar 23** (six performances)

Auditions: **Nov 27 & 28, Dec 4 & 5**

Squire Allworthy is a rich, kind and virtuous man. One night he finds an infant hidden between his bed sheets. The boy is given the name Tom Jones and is taken in to be raised by Allworthy's sister Bridget and her husband, Captain Blifil. Tom grows up to be a likeable, but lusty fellow. His inability to resist the charms of attractive ladies and the jealousy of enemies like Thwackum and Square result in Tom's banishment. The novel centers upon his countless trials, experiences and misunderstandings, which lead him to find not only his rightful place in life, but also true love.

SHAPE Entertainment Centre

Viva Las Wedding

Conceived and written by

Dan LaMorte; Music and Lyrics by

CW3 Gordon Kippola

Opening: **Mar 31** (12 performances)

Auditions: **Apr 16, 17 & 18**

Premiered in Germany in Nov, 2003

Join Mickey, Marie and their wacky families for the interactive experience of your life. You'll be more than a member of the audience, you'll be part of the family!

Viva Las Vegas Wedding is an interactive musical comedy, combining a simulated Italian wedding with audience participation and at the same time follows a musical comedy theater formula. The show is filled with laughter, music, dancing, singing and most importantly food, which makes for wonderful entertainment. Come join us for this incredible event, which will make you split your gut with laughter and fill it at the same time.

2006-2007 SHAPE Entertainment Centre Subscription

As a SHAPE Entertainment Centre subscriber you'll receive special benefits such as priority seating for the complete season, the freedom to change your tickets 24 hours in advance, first notice on all Entertainment Centre events, our quarterly newsletter, as well as exceptionally entertaining theater.

Full Price: €56

Subscription: €46

Four shows at €9, plus one show at €20 (dinner theater)

Student Price: €46

Subscription: €36

Four shows at €7, plus one show at €18 (dinner theater)

Child Price: €36

Subscription: €26

Four shows at €5, plus one show at

€16 (dinner theater)

Special Audition
Workshop for
Beginners,
Sep 23,
1 p.m. - 4 p.m.

Save 20%!

Buy SHAPE Entertainment
Centre Season Tickets and save 20 percent!
DSN 423-3312; CIV 065-44-3312

Save 20%!

Hotel le Maisières



90 Rooms



Complimentary Continental
Breakfast

Internet Café (Free of Charge)

BBQ and Picnic Area

Outdoor Playground

Pet Friendly Rooms

Guest Laundry Facilities
(24 hours, free of charge)

Brand New Fitness Center

Indoor Play Area



Rates: \$83 - \$93
\$5 additional person

Hotel Le Maisières - 189a Ch. De Bruxelles - 7020 Maisières, Belgium
DSN TEL: 366-7212

Hotel Le Maisières - IMEU-CHV-MWB - UNIT 21420 - APO AE 09705

SHAPE ARTS & CRAFTS CENTRE



Bldg. 209, SHAPE
DSN 423-4680;
CIV 065-44-4680;
Mon - Thu, 8:30 a.m. - 5:30 p.m.
Fri, 8:30 a.m. - 4:30 p.m.,
Closed Sat/Sun and
SHAPE holidays.



*Have you seen something
you love, but could not find
it again? Did you see it in
red, but would
rather have
it in blue?
Maybe we
can help!
Bring a
picture of a
pottery item*



OUTDOOR RECREATION CENTRE

Bldg. 307, SHAPE
DSN 423-5380; CIV 065-44-5380
Mon - Fri, 10 a.m. - 4 p.m.
Closed Sat, Sun, and SHAPE
holidays.

The Outdoor Recreation Rental Centre offers a wide variety of outdoor recreation equipment and has everything you need for outdoor activities. Stop by and pick up a complete listing, for every recreational event you are planning, whether it is for your friends, family or your unit. Items available are ski equipment, mountain bikes, camping gear, heaters, tables, canopies, lawn sport equipment, large inflatable party entertainment items, grills, and super cookers. Stop by and pick up a price list!

*you would like
to have and our
professional staff will try to
recreate it for you.*

SHAPE AUTO SKILLS CENTRE

Bldg. 314, SHAPE
DSN 423-4693; CIV 065-44-4693
Tue - Thu, noon - 8 p.m.
Fri, noon - 6 p.m.,
Sat, 10 a.m. - 6 p.m.
Closed Sun, Mon and
SHAPE holidays.

Keep your vehicle in peak running condition and save money by taking advantage of all the tools and facilities available.

SHAPE AUTO SKILLS CENTRE

The Auto Crafts Shop offers 14 different work areas and four car lifts with tools available to use for the simplest to the most complex automotive repairs.

Qualified mechanics can assist you and lend a hand if needed. The services available include wheel balancing, head light adjustment, oil-changing, pre-Contrôle Technique (CT) inspections, and much more.

SHAPE TRIPS & TOURS

Bldg. 307, SHAPE
Community Activity Centre
DSN 423-3884; CIV 065-44-3884
FAX 065-44-5754
E-mail: st&t@benelux.army.mil
Mon - Fri, 9 a.m. - 4 p.m.
Closed SHAPE holidays.
<http://www.Shapeonline.net>

Family visiting? No worries. Guests are welcome to travel with us as long as they are accompanied by an authorized ID card holder and submit a completed visitor's pass prior to travel.

Mosel Wine Tour, Germany**Sep 2 (Sat)**

Our day will begin with a tour of the beautiful vineyards and traditional cellar of Weingut am Rosenberg, an established German winery. Lunch will follow with the tasting of 13 different wines including ice wine and a variety of liquors. Following our tour of the winery, we will travel to the picturesque city of Bernkastel-Kues located in a scenic wine valley in Germany. Bernkastel-Kues stands out as the most colorful village in the wine valley with its half-timbered buildings and charming squares. The city will be alive with energy as we visit during the heart of their annual wine festival or take a relaxing cruise along the river.
Price: €55

Buckingham Palace, England**Sep 9 (Sat)**

Spend the day amongst royalty. Tour the magnificent State Rooms that form the heart of this working palace and are used regularly by the royal family for official entertaining and State functions. The State Rooms of the Palace are open to visitors only during the limited Annual Summer Opening and are lavishly furnished with some of the greatest treasures from the Royal Collection. You will also have the opportunity to witness the changing of the guard.
Price: €49

Rappelling & Rock Climbing**Sep 9 (Sat)**

Two experienced guides will lead a rappelling & rock climbing trip to the 50-meter high cliff at Landelies, Belgium. Rappelling is essentially sliding down a rope in a controlled manner. Rock climbing refers to the process of going from the bottom to the top.
Price: €25

SHAPE TRIPS & TOURS**Sand Sculpture Festival****Sep 10 (Sun)**

Sand Sculpture Festival 2006 acquaints visitors with the magic of the temporary. Let the oldest inhabitant of the city, the Bruges Bear, guide you through over a thousand years of history. Witness masterpieces constructed by a team of artists from the United States, Russia, China, Spain, Italy, Great Britain, France and The Netherlands. Departure time: 8 a.m.
Return time: 7 p.m.
Price: €29 Adult; €26 Youth; €23 Child (up to three yrs. old)

Deep Sea Fishing**Sep 16 (Sat)**

Come with us and enjoy a nice journey onboard the fishing boat Marcella II. This boat is equipped with the most advanced technology and holds up to 54 people. You may catch cod, mackerel, flounder, whiting and other fish. Warm and waterproof clothing is recommended. The boat leaves from Ostende, Belgium, for nine hours of fishing fun.
Price: €49

London**Sep 23 (Sat)**

There is so much to do in London, how can you expect to see it all in one day? Join us for another day of free time in the capital of England. London has an endless list of attractions: Buckingham Palace, Big Ben, Westminster Abbey, Trafalgar Square, Tower Bridge, St. Paul's cathedral, museums, the West End theater district. Not sure where to begin? Check out the website www.londontown.com for information on museums, dining, shopping, events and more. Departure time: 5:30 a.m.
Return time: 1:30 a.m.
Price: €40

Horseback Trail Ride, Chaleux, Belgium**Sep 23 (Sat)**

Join us for Western horseback riding experience in Chaleux. The ranch Bellevue offers a beautiful three hour trail ride with a lunch stop at a café-restaurant located in the nature park of Furfooz. The entire area shows the glory of the Belgian Ardennes and the beautiful landscapes of the river Lesse. Tour includes transportation and riding fees. *Lunch is not included.* Bring a carrot for your horse.
Price: €40

SHAPE TRIPS & TOURS**German Getaway****Sep 23 - 24 (Sat - Sun)**

Join us as we travel to two of the most fascinating German treasures: the medieval town of Rothenburg and King Ludwig's famous fairytale Neuschwanstein castle. This trip includes a professional guided tour through the streets of the walled city of Rothenburg. In the late afternoon we follow the romantic road to Ettal. After dinner enjoy some of the hotel's amenities such as the heated indoor swimming pool, saunas and steam baths. On Sunday morning after a buffet breakfast we are off to Neuschwanstein castle. We will travel through Austria on the way to Fussen, where we can take in the breathtaking scenery and views of Linderhof castle and Plansee lake. At Neuschwanstein we'll enjoy a guided tour of the castle and free time in Fussen before heading back to Belgium.
Price: €220 per person in double, twin room; €210 triple room; €230 single room; €180 Youth* (three through 12 years old); €65 Child* (up to two yrs. old)
* When sharing a room with two fully paying guests. All prices are per person.

Horseback Riding in Cuesmes, Belgium**Sep 24 (Sun)**

Have you ever tried your hand at horseback riding? Join us at the riding stables of the Site Du Levant, located just outside Mons. They will give you the necessary training to ride a horse to the highest hill in the Mons area. From there you will overhand the Mons Belfry Tower by 50 meters. A minimum number of participants are required for each trip to go, so sign up as soon as possible. Tour includes transportation and riding fees.
Price: €25

Kayaking, Belgium**Oct 1 (Sun)**

For those of you who want challenge, excitement and adventure this trip is for you! Join us for an unforgettable day of freedom as we explore the solitude and beauty of the lower Lesse river in kayaks. We will spend the day in the Anseremme-Dinant area on a 21 km long ride that will last approximately five hours, with a picnic stop along the way. Snacks and drinks can be purchased during the descent at various locations.
Price: €35 single kayak; €29 per person in double kayak.

SILVER SPOON – HQ Cafeteria

Bldg. 102, SHAPE
DSN 423-5114; CIV 065-44-5114

Breakfast

Mon - Fri, 7:30 a.m. - 10 a.m.

Lunch

Mon - Fri, 11:30 a.m. - 2 p.m.

Café Bar

Mon - Thu, 9 a.m. - 5 p.m.

Fri, 9 a.m. - 3:30 p.m.

The HQ Cafeteria offers a large variety of choices from sandwiches, to hot full-course meals, and a large salad bar. For a menu listing, pick up a SHAPE Community Life magazine or www.shapeonline.net.

SHAPE CLUB

Bldg. 903, SHAPE
DSN 361-4133; CIV 065-44-4133

Dining Room Lunch

Mon - Fri, 11:30 a.m. - 1:30 p.m.

Steak Night Thu, 6 p.m. - 9 p.m.

Ballroom is available to rent for receptions. The Namur room at the SHAPE Club is now open as a new dining area. Enjoy our all-inclusive business lunch special for €7.50.

Mons Bar

Mon - Wed, 5 p.m. - 11:30 p.m.

Fri, 3:30 p.m. - midnight for Disco

Nights. Food service available

Mon - Fri, 6 p.m. - 9 p.m.

Happy Hour Wed, 6 p.m. - 7 p.m.

Dart Night every Monday only €5.

Sunday Brunch

Call for reservations.

PRIME TIME LOUNGE

Bldg. 7, Caserne Daumerie
DSN 361-5540; CIV 068-27-5540

Breakfast

Mon - Fri, 7 a.m. - 9 a.m.

Lunch

Mon - Fri, 11:30 a.m. - 1:30 p.m.

Free Food on Fridays!

5 p.m. - 7 p.m.

Come join the fun every Friday night, 9 p.m. - 2 a.m.

Karaoke, professional pool tables, Internet Café and good music.

Military Idol

Sep 8, 12, 29

Vote for your favorite contestant and support the Military Idol Competition.

SHAPE EVENTS CENTRE

Bldg. 303, SHAPE

DSN 423-5129/5594

CIV 065-44-5129/5594

Because YOU deserve it, every Friday Night!

Fri, 4 p.m. - 1 a.m.

Happy Hour, 5 p.m. - 6 p.m.

Disco, 9 p.m. - 1 a.m.

Join us for Boogie Nights every Friday night and dance to your favorite tunes!

Claim your Stammtisch table for the night! The SHAPE Events Centre is the perfect place to play pool, darts, and watch your favorite games on the big screen TV or chat with friends.

Texas Hold'em

TOURNAMENT

CHIEVRES AIR BASE, BELGIUM

POKER

COMING IN OCTOBER 2006

PEOPLE IN YOUR COMMUNITY

by Johanna Krause

Dedicated and full of energy, **Peggy Ryan** is the dynamic director of both the Fitness Center as well as the Community Activity Center (CAC). Despite the relatively short time in this position, she has already implemented a series of changes designed to transform the CAC into a more family friendly environment as well as make the gym comparable to fitness facilities in the United States in terms of equipment and services. Peggy's vision is to offer programs that will have a positive impact on the community. She is making every effort in order to meet the needs of Soldiers and their family members. The Fitness Center has a variety of day-time and evening classes from which to choose. From yoga to spinning, beginner to advanced, there is something for everyone. Some of Peggy's upcoming projects for the Fitness Center include the acquisition of new cardio machines and the coordination of a series of fun get togethers, where kids will learn how to bike and skate. As the CAC director, she plans on organizing more flea markets and bazaars in the near future, as well as a variety of other community events. Peggy's positive attitude, her professionalism and desire to help make her one of the most respected and admired managers in the Directorate of Morale, Welfare and Recreation. Be sure to read Peggy's Helpful Hints on page 25 and give her a call at: DSN 361-5506; CIV 068-27-5506 or e-mail her at: chievresactivitycenter@benelux.army.mil. should you have comments, suggestions or questions about the programs offered at the Community Activity Center or the Fitness Center.



ARMY COMMUNITY SERVICE

Bldg. 39, Schinnen
 DSN 360-7500; CIV 046-443-7500
 Outside Holland, call:
 CIV 0031-46-443-7500
 Mon - Fri, 8 a.m. - 5 p.m.
 Contact ACS 24/7 at:
ACS-Schinnen@benelux.army.mil

Take advantage of these great opportunities to enrich your life. Call ACS today to sign up and register for our wide range of classes and programs.

Relocation Assistance Program

DSN 360-7512; CIV 046-443-7512

Newcomer's Orientation Tour

Second and fourth Friday of the month, 9 a.m. - 3:30 p.m.

Familiarize yourself with the Tri-border area by visiting military and civilian sites. We'll give you the information needed to ease your transition and lessen your stress.

Sponsorship Training

Every third Wednesday of the month, 2 p.m. - 3:30 p.m.

Learn about becoming a sponsor for new people coming into the area. We offer a monthly class for Soldiers and civilians who have been appointed to sponsor a newcomer.

International Spouses Orientation

ACS Conference Room
 Last Wednesday of the month, 2 p.m.- 3 p.m.

Foreign born spouses coping with cultural differences and military life can receive support and assistance in this class.

Family Advocacy Program (FAP)

DSN 360-7500; CIV 046-443-7500

FAP Prevention Education

Classes are free and on a first come first serve basis. Pre-registration is required.

Friday Family Film Night

Every Friday, beginning at 6:30 p.m. in the ACS Conference Room, we offer a free dinner followed by thought provoking films to stimulate discussion among family members on topics such as parenting, relationships, and teenage issues. Call DSN 360-7367; CIV 046-443-7367 to make a reservation.

ARMY COMMUNITY SERVICE**Get a Grip Series**

This series is designed for couples and students. Students meet Tuesday, 3:30 p.m. - 4:30 p.m. at AFNORTH International School. Couples meet Tuesday evenings, 6 p.m. - 8 p.m. at ACS on Schinnen.

Get a Grip on Building Relationships

This workshop is packed with techniques that can help people get along better with friends, family, teachers, and at the workplace.

Get a Grip on Communicating

Participants will come to understand the importance of learning and using effective communication skills. Effective verbal and non-verbal communication will be explored.

Get a Grip on Anger

This is a hands-on workshop to deal constructively with anger. Learn strategies to help calm things down in your life.

Get a Grip on Teenage Stress

Discuss causes and methods of coping with the persistent onset of stress.

New Parent Education and Support Program (NPSP)

DSN 360-7335; CIV 046-443-7335

Home Visitation Program

Peri-natal and parenting education (for children up to three yrs. old) in your home. Call NPSP for more details.

Birth, Breast-feeding and Beyond

Schinnen, Sports Center

Sep 12, 19 and 26

Tue, 6 p.m. - 9 p.m.

Invaluable information on childbirth, infant nutrition and newborn care in a six class series.

Play Mornings

Schinnen, Sports Center

Thu, 9:30 a.m. - 11:30 a.m.

This interactive and educational playgroup is designed to develop parenting skills and give parents and kids a chance to socialize.

OB Orientation/Prenatal Education Class

Sep 5, 10 a.m. - noon

Geilenkirchen Clinic Conference Room. Learn about cultural differences, giving birth overseas and community resources.

ARMY COMMUNITY SERVICE**Breast-feeding Support**

Schinnen, ACS Conference Room

Sep 20 and Oct 18

10 a.m. - 11 a.m.

Dedicated to providing education, information, support, and encouragement to women who want to breast-feed or are already breast-feeding.

Heerlen Hospital Tour

Sep 25, 12:30 p.m. - 4 p.m.

DSN 360-7335; CIV 046-443-7335

Visit the labor and delivery unit and meet with OB labor and delivery nurses. Transportation is provided. Please contact NPSP to register.

Employment Readiness

DSN 360-7269; CIV 046-443-7269

Finding Employment Workshop

Tue, 10 a.m. - noon.

Please sign up with ACS.

Gain knowledge about job searching skills and where to find employment within the area.

Hands on Resume/Resumix Workshop

ACS Resource Lab

Tue, 2 p.m. - 4 p.m.

Learn how to create, store, send a resume online, and how to apply for federal government jobs.

Deployment and Mobilization Readiness

DSN 360-7218; CIV 046-443-7218

Webcams, VTC and Morale Phone Calls

In cases of deployment, TDY, PCS move, hospitalization or any other event that might separate you from your family and make you lonely or homesick, ACS now has free live webcams and VTC available. Use them when you want to share special moments such as a new baby, a graduation or to send birthday greetings. The service is offered daily, but only by appointment. Please call in advance for the VTC service.

Deployed Coffee Hour/Tea

Sep 13, 27 and Oct 11, 25

10 a.m. - 11 a.m.

Families and friends of deployed Soldiers get together in the Yellow Ribbon Room and enjoy conversation, coffee or tea and treats.

ARMY COMMUNITY SERVICE

**Operation Ready Training**

ACS Yellow Ribbon Room

Sep 27 and **Oct 25**, 3 p.m. - 4 p.m.

This training is offered monthly for those seeking valuable information on upcoming separations, whatever their nature.

We know how difficult the drive can be, so Deployment and Mobilization will come to you in the Rotterdam community.

Financial Readiness and Army Emergency Relief

DSN 360-7450; CIV 046-443-7450

Financial Readiness Classes

Third Wednesday of the month, 10 a.m. - 11:30 a.m.

The class covers banking and credit union services, budget development, record keeping, debt liquidation, insurance and more.

Exceptional Family Member Program (EFMP)

DSN 360-7371; CIV 046-443-7371

An exceptional family member is a family member (child or adult) with a physical, emotional, developmental, or intellectual disorder requiring special treatment, therapy, education, training, or counseling. In short, EFMP offers advocacy for family members with special needs. Please call us for additional information or if you are already in the program and have not been contacted by ACS.

Financial Focus

Second Wednesday of the month, 10 a.m. - 11:30 a.m.

Two part class for first term Soldiers. Part one covers check writing and record keeping. Part two is a financial readiness class for all junior enlisted. Get tips on how to stretch your dollars.

One-on-One Financial Counseling (Off-Site)

AFNORTH Battalion Conference Room, 2 p.m. - 4 p.m.

Every second and fourth Wednesday of the month. Receive specialized help and support on subjects ranging from understanding your local utility bills to advice on your personal finances. Please call for times offered at the Rotterdam Community Center.

Coupon Exchange

Do you want to save money at AAFES or the Commissary?

Discount coupons are available Mon - Fri, 8 a.m. - 4 p.m. at ACS.

**Army Family Team Building (AFTB)**

DSN 360-7482; CIV 046-443-7482

Designed by families for families, AFTB is free basic training for personal and professional development. The AFTB program offers a full spectrum of helpful one hour courses conducted at the ACS Conference Room.

AFTB Classes for Sep/Oct**Sep 5**, 2 p.m. - Personality Traits**Sep 14**, 1 p.m. - Basic Problem Solving**Sep 19**, 2 p.m. - Conflict Management/Understanding Needs**Sep 27**, 1 p.m. - Motivating Factors**Oct 10**, 2 p.m. - Expectation and Impact of the Mission on Family Life**Oct 19**, 1 p.m. - Management Skills: Crisis and Coping**Oct 24**, 2 p.m. - Leadership Skills**Oct 31**, 2 p.m. - Military Acronyms and Terms

Volunteers are needed! Help teach the training modules, provide on-site childcare, or perform administrative duties in support of AFTB.

Army Volunteer Services

DSN 360-7451; CIV 046-443-7451

Come share your skills with the community. Get involved and help promote community well being. For Volunteer openings contact the Army Volunteer Corps Coordinator.

CHILD & YOUTH SERVICES

Programs are open to all U.S. and NATO ID card holders. All children and youth must be registered through Central Enrollment and Registration (CER) to use CYS services. A yearly registration fee is required. CER enrolls children in programs and maintains waiting lists when needed.

Central Enrollment and Registration (CER)

Treebeek Education Center
DSN 364-6221; CIV 045-563-6221
cys.schinnen@benelux.army.mil
Mon - Fri, 8 a.m. - 3 p.m., walk-ins
Mon - Fri, 3 p.m. - 5 p.m., appointments
Closed U.S./NATO holidays.

Family Child Care

Treebeek Education Center
DSN 364-6221; CIV 045-563-6221
Full day/extended/hourly care for infants up to sixth grade. Call for information on child care.

Family Child Care Providers are needed. Would you like to work at home taking care of children in your government leased quarters? Call today for an application and further information.

Child Development Center (CDC)

JFC HQ Brunssum
DSN 364-2575; CIV 045-526-2575
Full day care for infants and kindergarten children.
Part Day Preschool (three to five year olds) is available in a three-day program from 9 a.m. to noon.
Hourly care is also available with a reservation. Register at Central Enrollment.

School Age Services (SAS)

JFC HQ Brunssum,
DSN 364-3004/2575
CIV 045-526-3004/2575
Before and after school care, first through sixth grades. Full day care on school out days. Hourly care is also available during the school year. Give your child a fun-filled week by signing up for Fall Camp, during school break, **Oct 23 - 27**. Children must be registered with CYS.

School Liaison Services

Treebeek Education Center
DSN 364-6141; CIV 045-526-6141
Good information on school transitions, reduced price lunch program, and youth sponsorship.

CHILD & YOUTH SERVICES

Youth Services (YS)

Bldg. H603, JFC HQ Brunssum
DSN 364-3008; CIV 045-526-3008
Mon - Fri, 3:30 p.m. - 6 p.m.
School Out Days, 8 a.m. - 6 p.m.
Fall camp runs **Oct 23 - 27**, 8 a.m. - 6 p.m. daily. A nominal fee is charged for mornings; afternoons are free. Field trip costs are extra.

Job and Volunteer Opportunities at CYS:

Program Assistants work with infants through high school. Salary is linked to training and experience. Free training is provided.

Volunteer Head Coaches receive free and discounted sports enrollment for their children.

Volunteers are always welcome in our programs to hold a baby, play with a child, or teach a skill to a teen. Contact Central Enrollment and Registration at DSN 364-6019 or CIV 045-563-6019 for more info.

Youth Sponsorship

Ease your transition into the community by requesting a youth sponsor. Want to become a sponsor? Free training is available. Call YS or email us at:

cys.schinnen@benelux.army.mil



Technology Labs

YS and SAS have brand new technology labs. Come check out all the new computer games like Rollercoaster, Tycoon II, Sims City, Tetris Works, and Flight Simulator.

Youth Sports

DSN 364-6056; CIV 045-563-6056 or CER in Treebeek at DSN 364-6221; CIV 045-563-6221
Register by the end of November for the upcoming basketball and cheerleading season. Please call for additional information.

LIBRARY

JFC HQ Brunssum
DSN 364-2669; 045-526-2669
Tue - Wed, 10 a.m. - 8 p.m.
Thu - Fri, 10 a.m. - 6 p.m.
Sat - Sun, noon - 4 p.m.
www.JFCBrunssumlibrary.eur.army.mil

COMMUNITY RECREATION In Recreation Plaza

Recreation Plaza features a Bowling Center, the Memories Lane Lounge, Children's Play Center, the Pin Point Café, Harry's BBQ, an adult recreation room with game machines, and the Andre Bruls Fitness Center.

Schinnen BOWLING CENTER

Bldg. 40, Schinnen
DSN 360-7207; CIV 046-443-7207
Wed - Sat, 11 a.m. - 9 p.m.
Sun, 11 a.m. - 6 p.m.
The Schinnen Bowling Center offers a 12-lane house with Cosmic Bowling, league bowling, and open bowling. Get together with friends in the Memories Lane Lounge every Friday at 4 p.m. for **Social Hour** and munch on some delicious free finger foods. Exciting **Cosmic Bowling** follows, getting underway at 6 p.m. Bowl weekdays for \$1/game.
Wed - Fri, 11 a.m. - 4 p.m.
Sign-ups are underway for Fall Leagues, beginning **Sep 20**, Wed/Thu/Fri, 7 p.m.

Good Grades Get Free Games!

Bring your latest school report cards and get a free game for each A or B you earned. It doesn't take an Einstein to see this is one sweet deal.

Harry's BBQ

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7527
Tue, 11 a.m. - 2 p.m.
Wed, 11 a.m. - 8 p.m.
Thu - Fri, 4 p.m. - 8 p.m.
Sat, 11 a.m. - 6 p.m.
Sun, noon - 4 p.m.

Renowned for Harry's succulent baby-back pork ribs. **NEW!** Pork chops platter and Shoarma on a bun.

Pin Point Cafe

Schinnen Bowling Center
DSN 360-7527; CIV 046-443-7527
Wed - Fri, 11 a.m. - 8 p.m.
Sat, 11 a.m. - 6 p.m.
Tasty chicken baskets, an excellent selection of delectable sandwiches, and the best burgers in town.

MWR TRIPS AND TOURS

Andre Bruls Fitness Center
DSN 360-7561; CIV 046-443-7561
Trips are open to all U.S. and NATO ID card holders.

Note: For NATO ID card holders to get onto Schinnen, they must have an IACS pass, which can be obtained through their delegation commanders.

Luxembourg**Sep 23 (Sat)**

Join us on this trip to the beautiful capital city of Luxembourg, for shopping, sightseeing, and a visit to the American Cemetery.
Price: \$32.50

MWR TRIPS AND TOURS**Lutherstadt, Wittenberg & Berlin****Oct 13 - 16 (Fri - Mon)**

Price: \$299 double occupancy, or \$359 single occupancy.
Price includes three overnights with breakfast and guided tour of Berlin.

Paris**Nov 25 (Sat)**

Price: \$49

Cologne's Christmas Markets**Dec 9 (Sat)**

It is never too early to book our popular day trip to Cologne!
Price: \$29

SATO TRAVEL

Bldg. 4, Schinnen
DSN 360-7385; CIV 046-443-7385
Mon - Fri, 8 a.m. - 5 p.m.

SATO Travel is a full service travel agency for military, government, and personal travel. We offer services such as airline and train reservations as well as tickets and information on trips and tours.

MWR/BOSS Office

Treebeek Education Center
Room 132
DSN 364-3378; CIV 045-526-3378

BOSS meets at 3:30 p.m., second Wednesday of the month, at the Treebeek Education Center and every fourth Wednesday in the GK Clinic conference room. Please call for details on our BOSS shopping trip to Cheb and Karlovy Vary in the Czech Republic. Bus leaves at midnight, **Sep 22** and returns early morning on **Sep 24**.

Price: €65 per person.

See you at the BOSS booth at the AFNORTH International School Country Fair on **Sep 30**.

AUTO CRAFT SHOP

JFC Brunssum
DSN 364-3173; CIV 045-526-3173
Tue, 8 a.m. - 4 p.m.
Wed, 9 a.m. - 5 p.m.
Thu, noon - 8 p.m.
Fri - Sat, 8:30 a.m. - 4:30 p.m.

ARTS & CRAFTS CENTER

Bldg. H607, JFC HQ Brunssum
DSN 364-2454
CIV 045-526-2454
Tue - Thu, 10 a.m. - 5 p.m.
Wed, 10 a.m. - 9 p.m.
Sun, 1 p.m. - 5 p.m.
Class times and dates are generally flexible and are often selected based on an interest list. Call or drop by to reserve a spot in the following classes.

Fine Art

Thu, 10 a.m. - noon.
Painting (oil, acrylic, egg tempera, water color) and drawing (pencil, pastel, chalk, charcoal). Ask about new classes for children.

Scrap Booking

Looking for some easy organizational ideas? Learn how to create an interesting album.



MWR Trips & Tours

Beautiful, historical, cultural, cosmopolitan, and a pure delight for comfortable shopping. Also within the city limits, the World War II Luxembourg American Cemetery and Memorial, a poignant piece of hallowed ground.

LUXEMBOURG

Sat 23 Sep

\$32.50 per person

Please register by 16 September

For more information stop by the Schinnen Fitness Center or call
DSN 360-7561 / CIV 046-443-7561
SchinnenFC@benelux.army.mil

TAX RELIEF OFFICE (VAT)

Bldg. 46, next to the Community Bank, Schinnen
DSN 360-1780; CIV 046-443-1780,
Mon - Fri, 8 a.m. - 4 p.m.
Weekends, 9 a.m. - 5 p.m. in the Bruls Fitness Center.

MOVIE THEATER/ALLIANCE

JFC HQ Brunssum
DSN 364-2110; CIV 045-526-2110
Fri - Sun
Box Office Opens 6:30 p.m.
Movie at 7 p.m.
Saturday Matinee at 4 p.m.

Tri-Border Community



Trunk or Treat

FRI 27 OCT, 5:30 - 7 P.M.
USAG SCHINNEN, NL

CAR/TABLE DECORATING CONTEST - PRIZES

CHILDREN'S GAMES & PRIZES

HAUNTED HOUSE

**FREE COSMIC BOWLING FOR
CHILDREN UNDER 12 YRS, 5 - 8 P.M.**

Open to U.S. & NATO ID card holders.

To reserve a table or space for your car,
call 0031-46-443-7293

Please, No Pets!



ARTS & CRAFTS CENTER

Book Binding, Linen and Leather Workshop

Wed, 6 p.m. - 9 p.m.

Sign up for three three-hour workshops and learn the rare art of book binding. Finish two books, including materials, for €37.

Book Restoration Class

In this three hour class you'll discover the art of book restoration. Please come to the craft shop to see the beautiful examples.

Computerized Engraving

This is the perfect place for you to engrave plaques, signs, plates, outdoor signs, door plates or diplomas.

Basic Matting and Framing Workshop

Wed, 5:30 p.m. - 8:30 p.m.

Learn how to frame your pictures, prints, artwork and collectibles. Instruction covers how to select molding and mat colors, and how to accurately measure and cut mats and glass. The workshop cost is €35.

Rubber Stamp Art, Stained Glass Course, Dry Brush Ceramic Painting

Call for times and dates.

Cake Decorating Class

Tracy will instruct beginners in novelty cake design. Impress your friends with cakes for any occasion. €15 includes all materials and instruction. Ask about our new bread-baking class.

NEW to the Ceramic Shop?

To use the facility, you must complete this beginner ceramic pouring class offered Wednesday. Gary instructs you on mold and tool use and cleaning techniques. Upon completion, you'll receive a firing number which allows you future access to the facility.

Basic Ceramic Painting Class

Sign up to learn three different painting styles. Please bring an item to paint in class.

Gem Tree Class

€11 includes all materials and instruction on how to make a great gift.

ARTS & CRAFTS CENTER

Custom Frame Center

Bldg. H607, JFC HQ Brunssum
DSN 364-3821; CIV 045-526-3821

The Center has ready-made frames and mats in many sizes and styles for immediate pick-up. We will be happy to special order that perfect frame and help showcase your pictures, prints and posters. We also offer dry-mounting, laminating and shrink wrapping, and can suggest the best way to preserve and frame your treasures.

Assorted Posters for Sale

We have movie posters plus over 65 different standard size posters for sale in the Custom Frame Shop for only €5 each.

New Classes!

Sign-up for cross-stitching, crocheting, bread-making, precious metal clay (PMC) and silver-smithing.

INDOOR SWIMMING POOL

Located next to the Arts and Crafts Center on JFC HQ Brunssum.

DSN 364-3172;

CIV 045-443-3172

Tue - Fri, 4 p.m. - 7 p.m., and
Sat - Sun, noon - 4 p.m.

Enjoy the indoor pool and take advantage of a variety of classes to include scuba diving and water aerobics. Catered parties and special events are available for a fee, Fri, 7 p.m. - 9 p.m. and weekends 4 p.m. - 6 p.m.

Lap Swim,
Mon - Fri, 7 a.m. - 8 a.m.

Public/Family Swim,
Tue - Fri, 3 p.m. - 6:30 p.m.

Weekends, noon - 4 p.m.

FITNESS & SPORTS

Bldg. 38, Schinnen

Andre Bruls Fitness Center

DSN 360-7561; CIV 046-443-7561

Mon - Fri, 6 a.m. - 8 p.m.

Sat, Sun, and holidays, 9 a.m. - 5 p.m.

Body Relax

Thu, 5 p.m. - 6 p.m.

Spinning Classes

Thu and Fri, 11:30 a.m. - 12:15 p.m.

Be sure to ask about our other courses in circuit training and racquetball.

Get Fit and Stay Fit ...

at the Schinnen Bowling Center



Bowling's a great way to stay fit, and what better way than with Cosmic Bowling every Friday night following Social Hour.

with Outdoor Rec Rental Equipment



Everything from 6 person tents to mountain bikes to propane stoves to help you get into the great outdoors.



at the Schinnen Fitness Center



A spotless state-of-the-art facility with a new gym, 2 racquetball courts, 2 saunas, and a weight room with Nautilus equipment - everything to keep you in shape. We offer a full schedule of courses to include Fight-Fit, Body Relax, Spinning, Circuit Training and Racquetball.

It's all there for you at



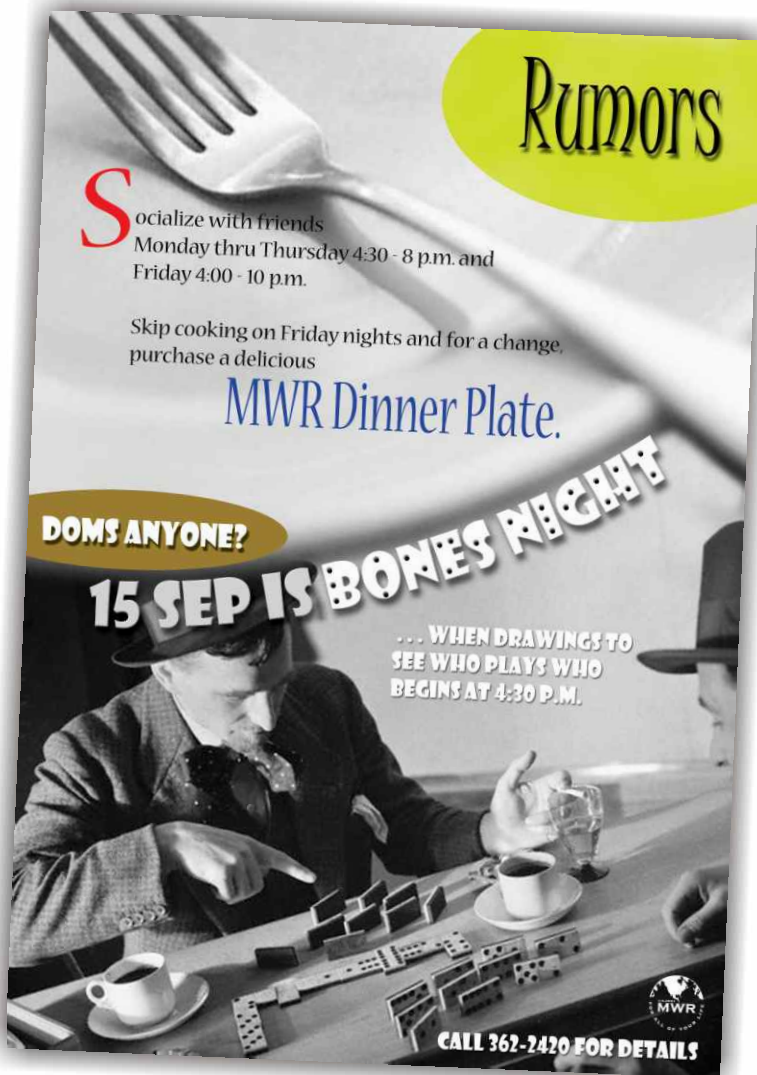
For full details, please call DSN 360-7561 / CIV 046-443-7561

Outdoor Rental Equipment

DSN 360-7561; CIV 046-443-7561

Rental items for the day, weekend or week include: canopies, tents, coolers, sleeping bags and pads, tables, stoves, lanterns, backpacks, mountain bikes, horse-shoe sets, beer tables and benches, magnetic ski carriers, large U.S. and Dutch flags, BBQs, dunk tanks and picnic pavilions.

ROTTERDAM PROGRAMS AND ACTIVITIES



RUMORS

Socialize with friends
Mon - Thu, 2:30 p.m. - 8 p.m. and Fri, 4:30 p.m. - 10 p.m.
Skip cooking on Friday nights and for a change, purchase a delicious *MWR Dinner Plate*.
Sep 15, Bones Night
Drawings to see who plays begins at 6:30 p.m.

ROTTERDAM PROGRAMS AND ACTIVITIES

Director of Morale, Welfare and Recreation (DMWR) Office

DSN 362-2257; CIV 010-459-2257
If you have any questions about the following activities, please contact our office.

Family Readiness Group (FRG) MWR Coordinator

DSN 362-2493; CIV 010-459-2493
Our Community Room is open 24 hours a day. Soldiers and families benefit from helping one another cope with the rigors of Army life. The FRG can be a shoulder to cry on or an ear to listen. Drop by anytime.

Arts & Crafts

DSN 362-2457; CIV 010-459-2457
Mon - Fri, 9 a.m. - 4 p.m.
We also offer a large selection of sports equipment rentals.

Library

DSN 362-2454; CIV 010-459-2454
Mon - Fri, 10 a.m. - 6 p.m.
Closed 1 p.m. - 2 p.m. for lunch.

Fitness Center, Weight Room, Car Wash and Car Lift

All facilities are open 24 hours a day for your convenience.



PEOPLE IN YOUR COMMUNITY

by Ellison Meier

Melissa Broadwater, simply put, is the face on all that's good in community members who want to be involved. If it has to do with youth, she is there with 110 percent support for the activity. Looking at the accolades bestowed upon her and her family over this past year (her son voted Youth Volunteer of the Year at USAG Schinnen, her husband selected Active Duty Volunteer of the Year, and Melissa named Family Member Volunteer of the Year, as well as AUSA Volunteer of the Year) one realizes how impressive their achievements are and how they reflect the spirit of volunteerism required to make today's Army work during these financially challenging times.

Melissa comes from Florida, New York. After high school she joined the Air Force, moving up in the ranks to Senior Airman. She has been married to her husband Buddy for 17 yrs. and the couple have two children Dustin, 15 and Brenda, 14. Officially, Melissa is the business manager for Schinnen Recreation Plaza, but those around her know she holds down 20 unofficial titles ranging from manager to bottle-washer. A tireless worker, an inspiration to others, and just plain fun to be around, Melissa is a true asset to the Tri-Border community.



New to the community?

USAG Benelux Newcomer's Orientation On Sep 13 or Oct 18 get a complete overview of the military community in the Benelux. Come to the Hotel Le Maisières at 8.30 a.m. and find out more about your new neighborhood. The briefing is open to all U.S. ID card holders. Call CIV 065-44-4332 for more details. All participants are treated to a free lunch, sponsored by Main Gate Insurance, Berghoff.

W.E.B. Office Welcoming Everyone to Belgium is located in the Hotel Le Maisières, beside the American Lounge and open Monday through Friday from 9 a.m. - noon. The W.E.B. office is an ACS outreach program connecting community members and providing assistance with services, activities, and information about events in the local area.

Take the Bus Explore with USAG Benelux ACS and learn how to find your way around the area using the Belgian bus system. Call: CIV 065-44-4332 for Sep/Oct dates.

Take the Train Find out how you can discover your new area while traveling around using the Belgian train system on Saturday, Sep 16 and Oct 21, 9 a.m. - 5 p.m. For details, call ACS at CIV 065-44-4332.

Benelux Headstart A free five-day introduction to the French language and Belgian culture. Among other things, the class covers practical information about programs and services available on post (banks, shops, education, etc) and it includes a field trip to a museum/city hall and a restaurant. Instructors are French native speakers. U.S. Soldiers enroll for the next available class during in processing. Family members and civilians are welcome to attend on a space available basis. There is no fee and a textbook is provided. Please call the Education Center at CIV 065-44-3466 to register for September and October classes.

Rendez-Vous with French This free course is designed to teach you some key words and phrases in the French language and to give you tips about local customs. Rendez-Vous with French is not a substitute for a language class, but it can assist you on where to find the best language training in the area. To sign up, please call the Welcome Everyone to Belgium (WEB) office at the Hotel Le Maisières at DSN 366-6252 or ACS at 423-7598.

SHAPE Language Centre provides language training in English, French, and a variety of other languages, namely Dutch, German, Greek, Italian, Spanish, Polish, Portuguese, Turkish, and Russian. This is a wonderful opportunity to learn another language. Receive a 50 percent discount on your dependents' first English or French beginner course if you sign up within your first six months in the community. The Language Centre offers a Spring/Summer, and Fall/Winter class and is located on SHAPE in Bldg. 211. Call CIV 065-44-4971 for additional information.

Job Opportunities Workshop Every Wednesday morning the Army Community Service - ACS Employment Readiness Program (located in Bldg 318, Room 118, SHAPE) offers a workshop to assist family members in their job search and career development. The ACS Employment Readiness Program works closely with the Civilian Personnel Advisory Center (CPAC) to provide a full range of employment-related services from building your resume, to working with Resumix and giving tips for a smooth job interview. Active duty service members, civilian employees, retirees, surviving spouses, and family members (to include youth) are eligible to use these services. To register, call CIV 065-44-4904.

Lending Closet Call ACS at CIV 065-44-3815/5324 to borrow items while moving. The Lending Closet is open Mon - Fri, 9 a.m. - 1 p.m., located on SHAPE in Bldg. 318 and offers many useful items, including vacuum cleaners, until your household goods arrive.

Educational & Developmental Intervention Services (EDIS) SHAPE and Brussels: DSN 423-5967; CIV 065-44-5967 Germany and The Netherlands: DSN 364-6126; CIV 045-563-6126 Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS. We provide screenings, evaluations and offer the services in your home. If your child is under the age of three, call the numbers listed above. If your child is older than 36 months, contact your local school for services.

Hotel Le Maisières

DSN 366-7211; CIV 065-32-7211

Rates: \$89-\$93 Continental Breakfast included.
Internet café, fitness center, laundry facilities, pet friendly rooms and much more.



New to the community?

Available programs in the community are open to Newcomers who want to learn more about where they live and work:

Brussels Community

USAG Brussels Newcomer's Briefing This three-day workshop ensures a smoother transition for new arrivals and is offered quarterly. On day one, key agencies will present a brief overview of their programs and answer your questions. On day two, the NATO Health Clinic patient liaison coordinator will provide a tour of the Leuven Gasthuisberg Hospital and ACS will give you general information about Belgium. On day three the Director of the Delhaize in Kraainem will familiarize you with a local grocery store. If you are interested and would like to sign up for the next three-day Newcomer's Briefing, please call ACS at DSN 368-9783; CIV 02-717-9783. Also available for you at ACS in Brussels: individual Newcomer's Briefing (upon request). Includes a brief overview of key agencies' programs and practical information about Belgian customs and courtesies.

Metro Madness Class Learn how to use the public transportation system in Brussels, then participate in a field trip to put your newly learned knowledge to the test. Call ACS at DSN 368-9783; CIV 02-717-9783 to sign up.

Job Information Board If you are looking for a job, the ACS Employment Readiness Program maintains a list of job vacancies in the region. Vacancies are posted on the Job Announcement Board, located next to the ACS Employment Readiness Manager's Office, Room 326 (Bldg. 4, top floor). Application forms and useful handouts are available through the ACS Employment Readiness Program. For more information call DSN 368-9783; CIV 02-717-9783.

Relocation Lending Closet Useful items are available to borrow for those of you relocating and with household goods in transit. The ACS Lending Closet now has microwaves for in/outbound personnel, which can be checked out for up to one month. Please note we operate by appointment only. For details, contact DSN 368-9783; CIV 02-717-9783.

Educational & Developmental Intervention Services (EDIS) SHAPE and Brussels: DSN 423-5967; CIV 065-44-5967 Germany and The Netherlands: DSN 364-6126; CIV 045-563-6126 Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS. We provide screenings, evaluations and offer the services in your home. If your child is under the age of three, call the numbers listed above. If your child is older than 36 months, contact your local school for services.

JFC HQ Brunssum/Schinnen Community

Newcomer's Briefing and Newcomer's Orientation Learn about housing, local bill pay system, medical care, and everything there is to know in your new community at the Newcomer's Briefing. After the briefing, go on a tour to explore activities at Schinnen, Treebeek, Brunssum, and at Geilenkirchen Air Base with other Newcomers! The orientation includes driving tips for best routes, local history, shopping tips, "getting lost" prevention, historical sites and museums, restaurants, and more. The Newcomer's briefing is offered every second and last Friday of the month, 9 a.m. to 3:30 p.m. For information and reservations, call DSN 364-7512; CIV 046-443-7512.

Dutch HEADSTART This free language orientation course is open to active duty military, family members and anyone holding a military or NATO ID card (space permitting). To sign up, call the Education Center at DSN 364-6066/6041; CIV 046-563-6066/6041.

Finding Employment Workshop Offered every Tuesday, 10 a.m. - noon, to help with interviewing and preparing for a new job. In the afternoon, 2 p.m. - 4 p.m., learn how to create a stunning resume and how to apply for government jobs with the hands on Resume/Resumix workshop. Sign up at DSN 364-7269; CIV 046-443-7269.

Lending/Loan Closet Open Mon - Fri, 8 a.m. - 4:30 p.m., located at ACS, Bldg. 39/43. Kitchen supplies, household items, and various baby supplies are available for community members during relocation. Contact ACS at DSN 364-7512; CIV 046-443-7512.

Educational & Developmental Intervention Services (EDIS) SHAPE and Brussels: DSN 423-5967; CIV 065-44-5967 Germany and The Netherlands: DSN 364-6126; CIV 045-563-6126 Get a jump on development. If you have questions about how your child talks, behaves, moves, plays, sleeps, eats, or will do in school, contact EDIS. We provide screenings, evaluations and offer the services in your home. If your child is under the age of three, call the numbers listed above. If your child is older than 36 months, contact your local school for services.

Something To Think About...

Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

John F. Kennedy, 35th President of the United States

Civilian Phone Code

When dialing a military telephone number or DSN from a civilian telephone, convert the DSN prefix: Locate the DSN number and correct city such as 361-5904 (Chievres).

The civilian number would be 068 (city code) 27 (civilian prefix) 5904 (last 4 of DSN).

DSN	CITY	CODE	CIV	PREFIX
365	Brussels	02	7079	last 3
368	Brussels	02	7179	last 3
361	Chievres	068	27	last 4
366	SHAPE	065	32	last 4
423	SHAPE	065	44	last 4
360	Schinnen	003146	443	last 4
364	Schinnen	003145	526	last 4

For emergencies call:

Ambulance 112 (Netherlands/Belgium)

Fire 100 (Belgium)

Police 101 (Belgium)

SHAPE 065 44-3333

MP on Base 114 (All Communities)

Poison Control-090-245245

Important Community Phone Numbers

AAFES Brussels	368-9789
AAFES Chievres	361-5100
AAFES Schinnen	360-7586
Rotterdam Annex	362-2359

Armed Forces Network (AFN) 423-4121

AFN Radio Frequencies

Brussels	101.7 FM
Chievres	107.9 FM
SHAPE	104.2 FM, 106.5 FM
Schinnen	89.2 FM

Cinema

JFC HQ Brunssum	0031 455 26-2110
SHAPE	423-5600

Civilian Personnel Office (NAF) 361-5319

Commissary

Chievres	361-5671
Schinnen	360-7513

Computer Help Desk

Brussels	368-9741
Chievres	361-5328
Schinnen	360-7403
SHAPE	423-7251

Equal Employment Opportunity (EEO)

Chievres/SHAPE/Brussels	361-5057
Schinnen	360-7445

Finance Office

JFC HQ Brunssum	364-2829/2839
Brussels	368-9732
SHAPE	423-5211
Dial-a-Rate	423-3601

(SHAPE and Brussels only)

Healthcare Facility

Geilenkirchen	0049 2451 99-3200
NATO (Brussels)	368-9500
SHAPE	423-5886

Chievres Vet Clinic	361-5435
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MWR Office

Brussels	368-9753
Chievres	361-5246
Schinnen	360-1550
SHAPE	423-4269/4777

Public Affairs Office	361-5419
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For non-emergencies call:

American Red Cross

SHAPE DSN	452-9440
CIV	0049 656 561-9440
Geilenkirchen AB	0049 245 163-2068

Military Police

Brussels	368-9769
Chievres	361-5301
Schinnen	360-7555
SHAPE	423-3333/3334

www.afnorth.nato.int

Joint Force Command Brunssum

www.afnorthlibrary.benelux.army.mil

library source

www.nato.int

Northern Atlantic Treaty Organization

www.nato.int/structur/recruit/index.htm

NATO Brussels vacancies

www.afno-is.eu.dodea.edu

AFNorth International School

www.brus-ehs.eu.dodea.edu

Brussels International School

www.usagschinnen.eur.army.mil

provides information on USAG Schinner

www.shap-hs.eu.dodea.edu

SHAPE International High School

www.shap-es.eu.dodea.edu

SHAPE International Elementary School

www.usagbenelux.eur.army.mil

provides information concerning the USAG BENELUX

www.shapeonline.net

provides MWR information for programs and services available on SHAPE and open to the international community.

www.usagbrussels.eur.army.mil

provides community event information for the Brussels community.

www.afneurope.net/SHAPE

provides Armed Forces Network Europe information including news and special events information.

www.army.mil

links to Army Knowledge On-line

www.tricare.osd.mil

links to US DoD Health Care System

<https://mypay.dfas.mil/mypay.aspx>

manage pay information, leave and earning statements, and more

www.cpol.army.mil

provides information on General Schedule and Non-appropriated jobs in the BENELUX

www.nato.int/shape/community/civpers/office.htm

provides information on SHAPE NATO available jobs.

ice.disa.mil

provides access to interactive customer evaluation (ICE)

Other Community Information Sources

MWR Europe - Connection Magazine

SHAPE MWR - Community Life Magazine

USAG Benelux PAO - Meteor-Heraut

JFC HQ Brunssum - Northern Star

USAG Brussels - The Brussels Weekly - a U.S. Tri-Missions newsletter.

Travel Information

For online links to European travel sources to include SATO Travel Europe, Armed Forces Vacation Clubs, train and bus schedules, visit website:

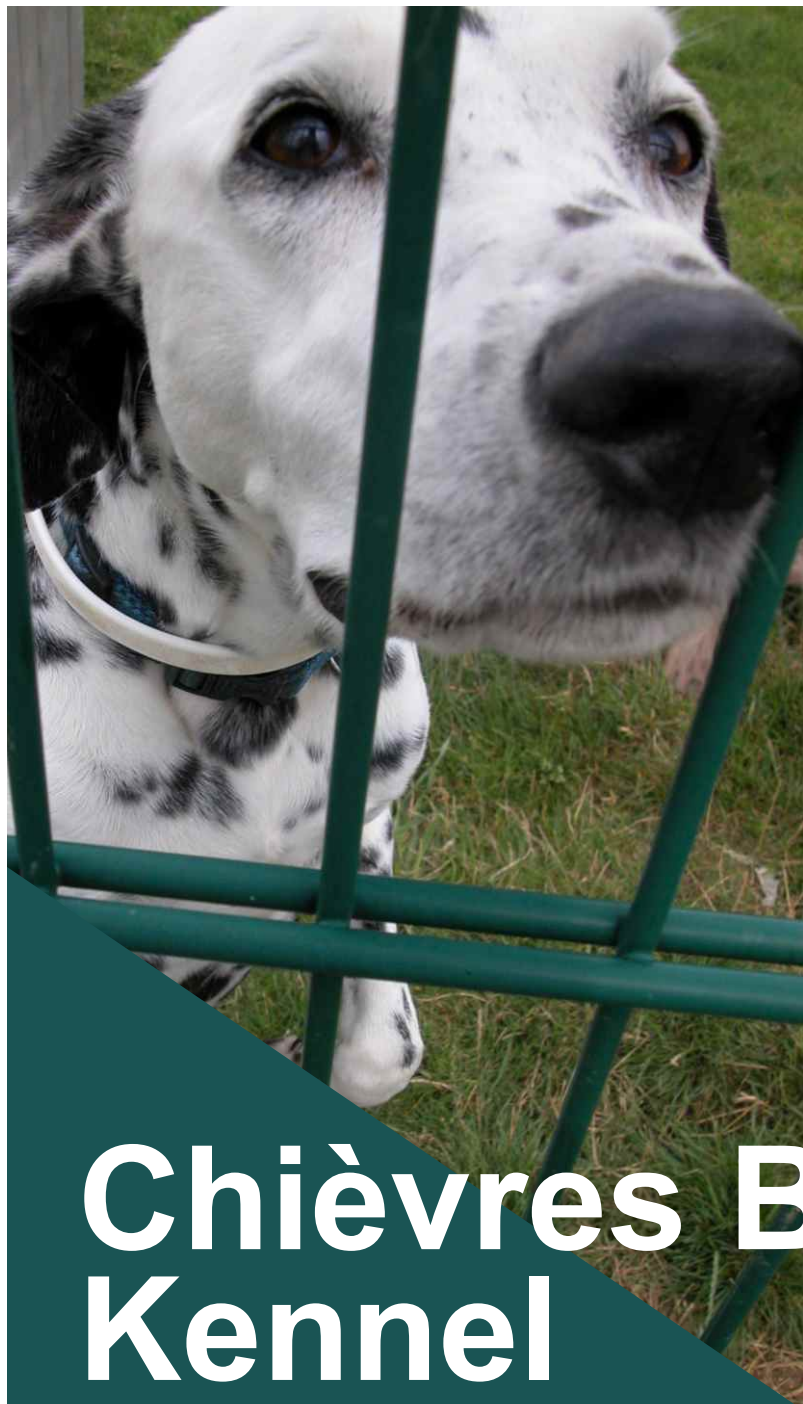
<http://www.usagbenelux.eur.army.mil>

Happy Trails!



Chievres CAC, Hangar #4, will be undergoing an indoor acoustic modification. We ask that you please excuse this inconvenience.

Thank you! Your MWR Team



Hours of Operation

Mon-Fri 0830 - 1630
Closed for lunch 1300 - 1400
Sat 1000 - 1230
Sun 1400 - 1630
Closed SHAPE holidays



Chièvres Air Base, Belgium

Chièvres Boarding Kennel

We Know Our Business



(068) 27.54.36

Reservations now accepted 60 days in advance.